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PONTIAC SOLSTICE



The Legacy Continues

A Message From The PRESIDENT & CEO LINDA JOHNSON RICF

s we enter a new chapter in the history of Johnson Publishing Co., publisher of EBONY and Jet, I accept this challenge with unwavering resolve—dedicated and determined to continue building on the inspiring legacy that my father, John H. Johnson, shaped for nearly 60 years.



At times like these, it's perfectly normal for concerned onlookers to speculate and wonder what's next—especially those who have welcomed EBONY into their homes with such consistency and routine that, for them, it has become "a family member," displayed on coffee tables and (from generation to generation) woven into the fabric of life for millions. I greatly appreciate that special kind of devotion, and I want to assure all who are concerned that EBONY—founded in November 1945 and remains the flagship of this company—will continue to strengthen its historic legacy, which is characterized by the magazine's unique ability to educate, empower, encourage and entertain.

Since the publication of our July 2003 issue, you have seen the emergence of a new EBONY, one that has gotten a face-lift of sorts, thanks to a combination of dramatic and subtle changes. We consider the presentation of the magazine to be a work in progress as we continue to try to meet the needs and desires of our readers in this ever-changing society. But just as we have done in the past, we will continue to chronicle the triumphs and successes of African-Americans while focusing on the entire spectrum of Black life.

There is a varied group of people who have been—and continue to be—a part of the EBONY story. And I want to take this opportunity to sincerely thank all of them—subscribers, those who purchase from the newsstands, the vendors, the ever-faithful advertisers and anyone else who flips through the pages of EBONY each month to see people like themselves who are helping to shape a world that certainly wouldn't be the same without their considerable contributions.

As we move forward, we do so with courage, conviction, confidence and an indomitable spirit—a spirit that encourages us, sustains us and convinces us that there are no mountains we can't climb. And I know there will be new mountains, new challenges and new crosses to bear, but J, like my father, don't accept failure as an option.

In November, EBONY will celebrate 60 consecutive years of being the No. 1 Black magazine in the world. That is a distinction that we cherish, and it's one that we intend to maintain.

Sainola Jimon Rice





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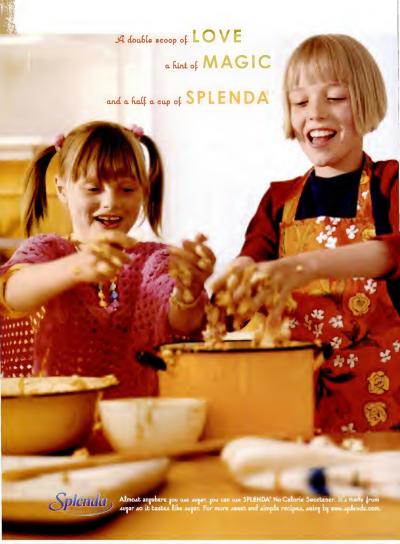
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ON THE COVER: Cover photo by Bachrach. Cover design by Raymond A. Thomas





Author Cider

- 8 cups unsweetened apple cider 1/3 cup fresh lemon juice
- 1/2 cup SPLENDA" No Calorio Succtener, Granular 16 whole cloves
- d whole allapice
- 5 (3 inch) cinnamon sticks
- 1/2 cup dried cranberries
- 2 oranges, thinly sliced 2 lemons, thirty sliced

COMBINE cider, lemon juice, SPLENDA Granular, cloves, allapice, cinnamon, and cranberries in large Dutch oven. Cook over medium heat until boiling, stir until SPLENDA Granular dissolves. Reduce heat, simmer 20 minutes. Add orange and lemon alices; return to a boil. Reduce heat, simmer 10 more minutes. Pour mixture through strainer,

discard solids. Garnish, if desired.

If ever freakly popped con

3/4 cup SPLENDA No Caloria Secatano 1/2 cup salted roasted peanuts

Spread mixture in prepared pan.
BAKE 25 minutes. Stir occasionally. Remove Splenda Irom oven, Apreso on saxed p. Store in an airtight container.

2 cups orange juice 3 cups pomegranate juice, chilled 2 tablespoons fresh lime juice

1/2 cup SPLENDA" No Calorie Sweetener, Granular

2 cups sparkling water, chilled

POUR orange juice into ice cube traga; freeze 4 hours or

COMBINE pomegranate juice, lime juice, and SPLENDA® Granular in a pitcher, atirring until SPLENDA® Granular diasolves; add frozen orange juice cubes and allow mixture to stand 5 minutes or until cubes begin to melt.

Stir in sparkling water; serve immediately.

Sweet & Crunchy Nuts

3/4 cup pecan halves 3/4 cup walnut halves 1/2 cup whole blanched almonds I egg white, lightly beaten

1/3 cup SPLENDA" No Calorie Sweetener, Granular 2 teaspoons ground cinnamon

PREHEAT oven to 300°F. Spray a 15 x 10°x 1 inch pan with cooking spray.

COMBINE pecans, walnuts, and almonds in a mixing bout; add egg white, toss to coat.

COMBINE SPLENDA" Granular and cinnamon; sprinkle over nuts, toss to cost. Spread mixture evenly in prepared pan.

BAKE 30 minutes or until nuts are toasted, stirring every 10 minutes. Cool on waxed paper. Store in airtight tin.

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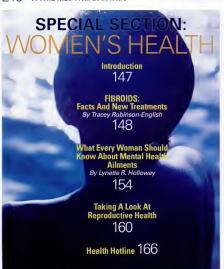
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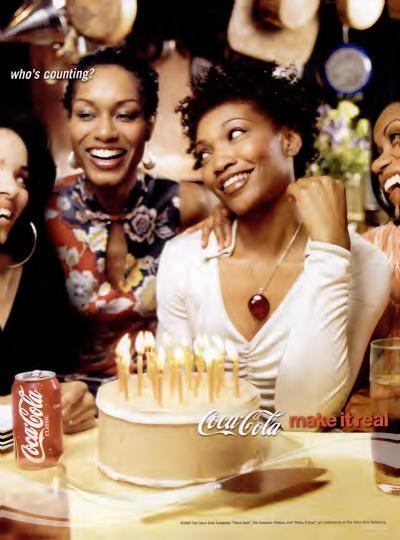
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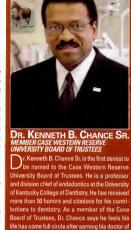
Speaking Of PEOPLE



DR. JENNIFER ELLIS CARDIOTHORACIC SURGEON

r. Jennifer Ellis is one of only five African-American female cardiothoracic surgeons in the United States and the 100th woman to pass the exam required to become a certified thoracic surgeon. She is an attending physician at George Washington University Hospital Center, one of the top cardiac hospitals in the nation, and at the Washington Regional Cardiac Surgery Group, both in Washington, D.C. Her surgical expertise ranges from minimally invasive and alternative approaches to valve repair and replacement to adult and pediatric cardiac surgery and therapies. She is also one of a few American heart surgeons to use both Eastern and Western healing practices. She is a Certified Healing Touch Practitioner, Before assuming her current positions, she served as an attending physician with the Cardiothoracic and Vascular Surgery Associates

dental surgery at Case nearly 25 years ago, "It is a pleasure to serve this institution that has given so much to me," he says. Before Kentucky, Dr. Chance served as dean and professor at the Meharry Medical College School of Dentistry in at Washington Hospital Center. Dr. Ellis began her career at Scripps Clinic at Nashville. He has served in leadership roles at Green Hospital in La Jolla, Calif. She is a member of several boards and orgaseveral institutions, including as chairman of the American Dental Education Association's Secnizations, including the American Medical Association, the National Medical tion on Minority Affairs and as an elected mem-Association, and the Society of Thoracic Surgeons, She received a medical



ber-at-large of the Administrative Board of the

Council of Deans of the American Dental Associ-

ation. He received a bachelor's degree from Ford-

ham University. He lives in Lexington, Ky., and has four children, Kenneth Chance Jr., Dana Chance,

Jacquelyn Chance and Christopher Chance.



CARLA E. SLEDGE PRESIDENT OF THE GOVERNMENT FINANCE OFFICERS ASSOCIATION

degree from Jefferson Medical College in Philadelphia and a bachelor's degree

in philosophy from Yale University. She lives in Washington.

arla E. Sledge is president of the Government Finance Officers Association (GFOA). She is the first African-American woman and the first president from Michigan in the organization's 99-year history. The GFOA is the professional association of approximately 16,000 state, provincial and local finance officers in the U.S. and Canada, "It's an exciting time to be GFOA president," says Sledge. "We've had unprecedented growth ... and a responsive introduction of new services." As chief financial officer for Wayne County, Sledge directs the Department of Management and Budget and is responsible for the administration of finances for all county departments and agencies supported by the county's \$2.1 billion budget. Sledge, a CPA, has 20 years of experience, primarily in govemment, nonprofit and manufacturing industries. She earned a bachelor's degree in accounting from Wayne State University and a master's from Eastern Michigan University. She and her husband, Willie Sledge, live in Franklin, Mich., and have two sons.





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VOLUME LX, NO. 12 OCTOBER 2005

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SECRETARY-TREASURER AND DIRECTOR OF EBONY FASHION FAIR **EUNICE W. IOHNSON**

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EBONY ON THE Scene





IN DALLAS, GM

Goodwrench race car driver Harold Martin poses for a photograph with future GM Goodwrench driver GaMarcus Goudeau at the 4th annual EBONY Black Family Reunion, which includes stops in eight cities.







IN HOLLYWOOD (above), three distinctive styles are exhibited by three top celebrities. Former boxing champion and current television show producer Sugar Ray Leonard is casual chic in a striped, cream suit with an open-collar shirt. TV and film start/vica A. Fox turns heads in a low-cut, urfilled dress with the hint of a slit, and Garcelle Beauvais-Niion is classic elegance in a shoulder-baring, form-fitting, full-length black gown.

IN MILWAUKEE (left), Kevin Hall, hitting out of a sand trap, made his PGA Tour debut during the U.S. Bank Championship at Brown Deer park. Hall, a former golfer at Ohio State University, has been deaf since a bout with meningits when he was 2. The 22-year-old has been playing competitively for 12 years. He was the first African-American to play golf on scholarship for Ohio State.

FRONTROW

EBONY ON THE Scene



IN HOLLYWOOD. 2 number of celebrity couples step into the spotlight to display a variety of sartorial splendor. Among those who are making fashion statements are (left) Grammy Award-winning producer Jimmy Jam Harris and his wife, Lisa; (right) San Francisco Giants slugger Barry Bonds and his wife, Elizabeth: actress Lela Rochon (below, left) and her husband, award-winning film director Antoine Fuqua; and Rodney Peete, former NFL quarterback and current sports talk-show cohost, and his wife, actress Holly Robinson-Peete.









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LETTERS to the editor



HOLLY ROBINSON PEETE

Thank you for the article, "Holly Robinson Peete: New Baby, New TV Show & Renewed Marital Vows" (Sept. 2005). The cover was beautiful and the baby is just a cute little bundle of joy.

Holly, I'm glad you'll be back on TV because you're one of my favorite personalities. Keep up the good work, and I'll keep watching. Good luck.

> Michael Williams Cincinnati, Ohio

TONI BRAXTON

I was so excited to see my girl, Toni Braxton, on the August 2005 cover. It really made my day to get my mail and receive my copy of EBONY magazine with Toni Braxton on it. I enjoy her music and her style.

> Lachez Hampton Buffalo, N.Y.

I want to give Toni Braxton a highfive for the article, "Toni Braxton Is

Back!" (Aug. 2005). Not only is she a wonderful mother, she has been an inspiration to many by managing to stay sincere, focused and spiritual. And she looks wonderful! Outside of her own handsome sons, I am sure my 31/2-year-old is her youngest and biggest fan.

> Mrs. Fairie Woods Toledo, Ohio

TAMARA TUNIE

I was rendered absolutely speechless upon reading such an inspirational and motivational article, "Is Tamara Tunie Today's Busiest Actress?" (Aug. 2005).

I am also an African-American female juggling three careers. However, I have been receiving negative criticism from my friends because of this, with comments ranging from, "You seem unstable" to "You really need to stick to one thing."

Do your thing, Tamara, You are such an inspiration to others who may be stifling their creativity and dreams in order to fit into a mode dictated by others.

This article has truly ignited my free spirit, and once again I am ready to "do battle" with the navsavers who continuously tell me to stick to just one thing. I am determined to succeed in living my dreams!

> Charlesetta M. Lewis Baton Rouge, La.

EMMETT TILL

Thank you, EBONY, for the article, "Justice for Emmett" (Aug. 2005). It has been a long time since that fateful day in Money, Mississippi. Emmett Till was just a teenager, only 14 years of age, visiting relatives in the summer of 1955. They say he whistled at a White woman. Even if what they say is true, what they did to him was a horrible evil.

Now, 50 years later, the federal government has reopened the investigation into his murder. Why did they wait so long? The accused, Roy Bryant and J.W. Milam, are both deceased. Ms. Mamie Till-Mobley has also passed away. Justice is the principle of moral rightness. The state of Missispip was not honorable or fair in its dealings with the accused.

Emmett till was brutally lynched, but his innocence and memory should never be forgotten. Thank you, EBONY, for sharing this story with those of us who were not yet born, but who came into this world during those turbulent times that followed.

> Bobbie D. Carr Carrollton, Texas

SARCOIDOSIS

Thank you so much for your article, "The Mystery of Sarcoidosis" (Aug. 2005). I have been trying to find information on this disease since I was diagnosed with sarcoidosis in 1978. At that time there were only a few cases in the United States. In a matter of 10 days my weight dropped 20 pounds. I had problems breathing. The doctors ran all kinds of test. At first, they thought it was Hodgkin's disease. But they found out it was sarcoidosis. I prayed and others prayed for me. Sarcoidosis goes into remission, and some doctors have to be schooled because they don't know enough about this disease.

> Sharon Mosley Warner Robins, Ga.









another relaxer...

LETTERS

Thank you, thank you, thank you for the very informative article on sar-coidosis. Until 10 years ago, I had never heard of it. It's surprising to hear how so many health issues of today are at the highest rates among African-Americans.

My prayers are with actor Bernie Mac, Bill & Karen Russell, Dr. Thornhill, Andrea Wilson, Paula Polite, Sherry Brown and all of the many others affected by this disease.

EBONY, thank you for keeping our African-American community aware and involved.

> Sonya Walker Euclid, Ohio

The Sarcoidosis Awareness Foundation (SAF) of Michigan applauds you for your attention to this mystery illness, sarcoidosis. Our group in Detroit is truly grateful and hopes a follow-up article is forthcoming since so many of our members are affected by this disease.

Sylvia S. Johnson Detroit, Mich.

ORGAN DONATIONS

I was so touched by the article, "Organ Donations: The Power Of Second Chances" (July 2005), in the Health and Fitness Section. The article really hit home. My husband received a second chance last August after having a heart transplant at Johns Hopkins Hospital. He has done very well ever since. I can understand the pain and suffering each of the families had to endure, as well as the joy of getting the phone call from the transplant coordinator to tell you they found an organ.

There are some people who don't know that heart transplants are possible. Whenever my husband tells someone that he has one, they immediately related it to bypass surgery. Then he explains hat he actually has

"I want to give Toni Braxton a high-five. Not only is she a wonderful mother, she has been an inspiration to many by managing to stay sincere, focused and spiritual. And she looks wonderful."

a new heart and they are in disbelief! A significant need exists to teach people about organ transplantation, and we want to help spread the word.

Again, thank you for such an excellent article. I am sure you have opened the eyes and hearts of a multitude of people. This gives those who are ill an avenue to improve their health and live fuller lives with their families by seeking organ transplantation. And it encourages all others to consider being an organ donor.

I am so thankful of our second chance.

Mary A. Ingram Upper Marlboro, Md.

FOR BROTHERS ONLY

I would like to thank Mr. Kevin Chappell for his For Brothers Only column, "Being Original" (July 2005). I witness young Brothers every day who allow others to manipulate their identities via gangs, rappers, fads, etc... Being original, and finding out who we are as Black men is vital to our growth.

It saddens me that so many young Brothers have no idea how to use the creativity, the drive and ingenuity God has given Black men. If we would use these gifts in a positive way and not allow ourselves to fall prev to the "follow-the-leader club," I think we wouldn't represent such a large percentage of the prison population.

> Darrell M. Young Charlotte, N.C.

DON CHEADLE

I really enjoyed the article, "The Inside Story On The 'Always Oscar Worthy' Don Cheadle'" (June 2005). He is a wonderful actor, and it's about time he starts to get the recognition he deserves. There seems to be this double standard in Hollywood, White

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please advise EBONY at least five weeks before you move. Send old and new addresses to expedite the change. You may remove the address label from your magazine and enclose it with your new address.

Change of address should be sent to EBONY, P.O. Box 56482 Boulder, CO 80322-6482. ebony@neodata.com (for customer service)

actors become huge from just a couple of movies, but talented Black actors/actresses have to really hustle for years and their names are hardly recognized. But even odds like that aren't enough to keep him/her down. Don is on his way to becoming a very sought-after actor, who is recognized by everyone.

L. Waller Ayden, N.C.

DAVID ROBINSON

Thank you for the article, "David Robinson: The Pioneering Spirit Continues" (June 2005). We knew him as MZEE ROBBIE. As a Tanzanian now based in the United Kingdom, I knew David since the 1990s when we used to meet in Dar esalaam, and I always admired his courage of investing in our people.

David is in a very competitive business. He is making me proud, and I hope many African-American businesses will go to the Motherland and make it as Dave showed us.

> Ahmed Mwinvimbegu Barking, Essex UK

column should be addressed to: Letters To The Editor, EBONY Magazine, 820 S. Michigan Ave., Chicago, IL 60605. To be considered for publication, letters must bear the name and address of the sender and-because of limited space—should not be unduly long. Letters may be edited to meet space, clarity or style

requirements.

Letters intended for this

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FRONTROW

STAGE RAMSEY LEWIS

Jazzman Extraordinaire

AMSEY LEWIS must be the hardest-working man in jazz. At an age when many are longing for a rocking chair and a porch swing, the legendary composer, pianist and jazz icon is doing some rocking and swinging of his own—on television—hosting a new series, Legends of Jazz The Jazz Masters, on PBS-TV, which is set to debut in January.

The native Chicagoan also swings Chicago's morning drive with his own top-rated smooth jazz radio program on WNUA-FM, and a syndicated radio show in the afternoon called "Legends of Jazz with Ramsey Lewis" that airs in more than 65 cities. He also records and performs 30 to 40 live concerts annually worldwide and is active in community efforts, especially with youth. Lewis helped organize the Ravinia Festival's Jazz Mentor Program and also serves as the artistic director for that Illinois festival's jazz series. Additionally, he is also launching the Ramsey Lewis Foundation to connect at-risk children to the world of music. Out of that foundation he plans to form his own Youth Choir and Youth orchestra.

"These years are the best years of my life," he says with an exuberant laugh. Lewis adds that he is very excited about the new TV venture. Each program will have a set theme and will feature Lewis and his trio performing with guests. Lewis also performs the show's theme.

It is the first time in 40 years, observers note, since the late Oscar Brown Jr. hossted Jazz Scene U.S.A, that jazz has been the focus of a national network weekly TV show. Lewis says while the show will feature legends, he plans to include "young and current participants" in the musical genre as well. And he and his partners, Larry Rosen and Lee Rosenberg, plan to release a series of DualDiscs that contain the TV program on one side and jazz audio recordings



matching the theme of the particular show on the other.

Known for his technical virtuosity and sumptuous styling, Lewis' long career is already the stuff of legend. He has three Grammy Awards and seven gold records. He first began piano lessons at age 4 and seriously studied classical music until his teen years, playing in church and then joining a jazz band in high school. "Jazz soon became a major force in my musical life, but European classical and gospel music were of almost equal importance," he says.

By 1965, he was one of the nation's most successful jazz pianists, topping the charts with "The In Crowd," "Hang on Sloopy" and "Wade in The Water." This fall Lewis plans to release his first gospel album, featuring young gospel stars like Smokie Norful, Darius Brooks and Donald Lawrence.

Other future projects include a solo piano recital and a solo album—something he has never done. The piano legend, who is happily married to his "lovely and wonderful wife, Jan," has seven children, 14 grandchildren and one great-grandchild. And he has no plans to retire.

"When I was in my 30s and 40s, and I would run into Duke Ellington, Count Basie and Louie Armstrong when they were in their 60s, I would say to myself, 'I wonder why they are out here.' Now, I'm 70 years old and I know why—because this is what you do. I take it moment-by-moment, day-by-day and hour-by-hour. Life is just wonderful."







Dr. Lorraine T. Cole has the important job of trying to help Black women lead healthier, longer lives. As president and chief executive officer of the Black Women's Health Imperative, she takes time from conferences and meetings at the Capitol to talk about Black women's health and moving her organization forward.

■ What is the objective of the Black Women's Health Imperative? The Imperative is a not-for-profit education, research, advocacy and leadership development organization. It was incorporated in 1983 by pioneering health activist Byllye Avery, who empowered African-American women to be educated health care consumers. The Imperative is the only national organization devoted solely to improving the health status of the nation's 19.5 million Black women and girls.

2 • What is the biggest health problem Black women face today? Heart disease is the No. 1 killer of all American women. It kills African-American women at four times the rate of White women. Each year, more than 40,000 Black women die from heart disease, the causes of which are preventable. Risk factors for heart disease include cigarette smoking, hypertension, high blood cholesterol, obesity, physical inactivity and diabetes. The more risk factors an individual has, the more likely she will develop cardiowescular disease. Just as great a concern is the rapid spread of HIV

Questions For: Dr. Lorraine Cole

President and Chief Executive Black Women's Health Imperative

among Black women, the fastest-growing population of new cases, accounting for two-thirds of new HIV/AIDS cases among women.

3 Why have African-American women become the fastest-growing group of new HIVIAIDS cases in this country? It is a result of unprotected sex with an infected partner. Biologically, women are more susceptible to contracting the virus than men and, subsequently, contract the disease at twice the rate as men. Women often believe they are in a monogamous relationship when they are not. A further complication is that many infected individuals do not know their HIV status and don't get early treatment or take precautions when engaging in sexual behavior. Also, one out of every three Black women does not have health insurance to access routine care, that means health problems that place some women at greater risk for contracting HIV are undetected.

4 • What are health advocacy groups doing to counter HIV/AIDS in the African-American community? There are numerous advocacy groups addressing HIV/AIDS in the African-American community. The single goal is to see the end of this epidemic. Increasing awareness of the disease, how it is transmitted, how it is prevented, how it is treated, as well as dispelling the many myths about these issues is key. Reducing the stigma about the disease is also important for breaking down communication and testing barriers. This year, advocates have been pushing for reauthorization of the Ryan White Act, which provides funds to states for AIDS treatment. Many advocates also have been calling for expanded Medicaid coverage to include individuals who are HIV-positive when treatment is less costly.

5. What are some of the challenges that you face in heading this organization? There is no national sense of urgency or public outery about the deplorable state of health of Black women. Without national recognition that the health of Black women is in a state of crisis, Black women's health is not on the priority list of major funders and donors. This greatly hinders our ability to raise funds at a sufficient level to support programs that are proportionate to the tremendous need.

For more information about the Black Women's Health Imperative, please visit www.ebony.com.







BookSHELF

THE FLY JOCK SPEAKS OUT!

ou've heard his voice, seen his face, now you can read his words.

TOM JOYNER, host of the "Tom Joyner Morning Show," has
written a book, I'M JUST A DJ BUT...IT MAKES SENSETO ME

(A Warner Hardcover, \$22.95), with author Mary Flowers Boyce. Besides
reflecting on his journey to fame, Joyner dishes out advice and comments on American culture in a breezy style that is punctuated by Joyner's trademark humor and commanding insight. Below he talks exclusively to Ebony about what motivated him to write the book, his family life (he lives in Dallas with his wife, nationally known fitness expert
Donna Richardson) and what's next for the "hardest working man in
radio."

Im Just A DJ But...
It Makes Sense to Me
TOM JOYNER

WITH MARY FLOWERS BOYCE

Q: What motivated you to write this

A: It's no secret that I've been a C-minus student

all my life, yet there are a lot of issues taking place in the news, in politics, in the community, etc. that people seem to make SO complicated. I don't understand how so many things can be so clear to me and yet so puzzling to other people who have a whole lot more expertise than I do on just about every subject. After all, I'm just a deejay.

Q: You're so busy. When did you find time to write?

At During commercials. Instead of going to the restroom, I'd jot a few things down. Before I knew it, I had a book and a very full bladder. In all honesty, I made time for it because it was important to me. It's true that I am the hardest working man in radio, but I do have some down time. I did a lot of work on the book while fiving around the country too.

Q: What is your target audience? You advise readers not to wear cornrows to a job interview.

At My target audience always has been and always will be Black folks of all ages.

Our radio listeners range from hip-hop to Bebop, old school to new school and
from cornrows to wigs. In some households, the parents, the kids and Big Marna
are all tuning in. But actually when I made the comments about cornrows, I was just
hatin' since I have no hair.

Q: How did you become such an authority on Black culture?

At I don't consider myself an authority on anything, Remember, I'm just a deejay, But I do have lots of experience being Black. My audience is Black, my family is Black, my hometown was Black and my college was Black I look around, observe and talk on what I think as it relates to Black America. I get to talk and be heard more than most people because I happen to have a big microphone. And you know what they say about guys





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THE FLY JOCK SPEAKS OUT!

with big microphones! The book gave me an opportunity to put some of those observations down on paper.

Q: How is writing different from working on the air?

A: When I write, I have to use spell check and my nouns and verbs have to agree. On the radio, none of that matters.

Q: How is married life?

A: Great Donna and I have been married five years now and I've got my magazine cover of EBONY to remind me of our wedding and how much fun it was.When a wedding starts off as good as ours did on a beach in Jamaica, we had to follow it with an exciting marriage. In fact, we're thinking of getting married all over again, just so we can have another party like we did five years ago. Donna is busy promoting Sweating in the Spirit.When she isn't busy doing that, she's by my side making me sweat. We are both very busy. So when we are together, we try to make it as special as possible. Every day we're in the same town together, it is a honeymoon.

Q: You've slimmed down. Is it the hectic schedule?

At Partly.And it's also because of TV.I had a body for radio and now I have to get a body for our new syndicated television show that airs this fall. Check your local listings for dates and time.And remember the TV cameras add 250 pounds! (That's for the people who'll say, 'That's his TV body?')

Q: What kind of show will it be?

A:A one-hour variety show with musical guests, comedy sketches, and big fun with lots of audience interaction. It's Arsenio, Dave Chappelle, the Carol Burnett Show, Showtime at the Apollo, Saturday Night Live and Soul Train all wrapped into one.

alsoNoted

In PASSPORT DIARIES (Amistad/HarperCollins, \$22,95), exciting new author Tamara T. Gregory spins an interesting tale about a woman who veers off the career path to seek excitement as a globetrotter, Boy, does she find it. Before becoming a writer, Gregory enjoyed a successful career as a feature film executive in Hollywood. IN RETTER GOLE: A SKILL BUILDING APPROACH (Warde Publishers. \$29.95, hardcover), longtime golfer

Julius Richardson, with freelance



writer Mark Gearen, provides techniques to help readers improve their game. "It has been my opinion that golf is taught the wrong way," he writes. "I'd like to show a better path to good golf than the one most golfers are taking." Richardson was the first African-American professional to be included in the Top 100 Instructors in the United

States by Golf Magazine.
In HATTIE MCDANIEL: BLACK AMBITION, WHITE HOLLYWOOD (Amistad/HarperCollins, \$27.95, hardcover),
Jill Watts highlights the strength and



If you think you and your cousins invented bid whist, think again. In RISE AND FLY:

TALL TALES AND MOSTLY TRUE RULES OF BID WHIST

Three Rivers Press/Crown
Publishing Group, \$12), Greg
Morrison and Yanick Rice Lamb
trace the origins of the game to
the Civil War era. During that
time, the writers say, it became
an integral part of the AfricanAmerican cultural scene on
farms and at church socials

throughout the Deep South.

Best-selling author Robert Greer returns with his eccentric blues-loving bail bondsman, CJ Floyd in RESURRECT-ING LANGSTON BLUE (North Atlantic Books/Frog Ltd., \$23.95), a taut mystery intertwined with political intrigue and colorful detail. Greer lives in Denver, where he is a practicing surgical pathologist, research scientist, and a professor of medicine, pathology and surgery at the University of Colorado Health Sciences Center.

In STEPIN FETCHIT: THE LIFE AND TIMES OF LINCOLN PERBY (Pantheon Books, \$25.95) by Mel Watkins, readers get a rare view of the man who was renowned and reviled for his late 1920s and 1930s portrayals of Hollywood's stereotypical image of Blacks as lazy, shiftless and cowardly. He was one of the first Black millionaire actors. But life on the edge forced Perry into virtual obscurity and a bankruptcy filing in 1947. Still, he received recognition for his work in 1978 when he was inducted into the Black Filmmakers Hall of Fame and in 1976 when the Hollywood chapter of the NAACP honored him with is Special Image Award.

Internal With its Special Image Award.

In LIVING WITH DIABETES: A CUIDE FOR PATIENTS

AND PARENTS (Hilton Publishing, S16.95), Drs. James W.
Reed and Agiua Heath highlight the nature of diabetes,
explaining how to recognize its symptoms, reduce risk
factors and manage the disease. The book is an important reference for African-American families, given that
Blacks are among the groups hit hardest by the disease.
MAKE IT HAPPEN: THE HIP HOP GENERATION GUIDE

TO SUCCESS (Atria Books, S24) by Kevin Liles, executive
vice president at Warner Music Group, with writer
Samantha Marshall, is a primer for young people entering the workforce with "little or no idea how things really





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work."

Brothers Only

HAT are you proud of?
I mean what are you
really proud of? Is it
your car? Your crib? The clothes
that you wear? The lady on your
arm? The watch on your wrist?
The group of Brothers you hang
with?

Now imagine if all of that stuff were gone. It's only you. Now, what are you proud of? Are you just as proud of yourself, the ac-

What are you proud of?

complishments that you have achieved, the values that you hold, the man you have become?

I ask because I would venture to say that some of us would be hard pressed to find a sense of pride in anything other than material things we own and the people we know. How do I know? Because I see daily examples of Brothers who don't know their history, don't appreciate their women, don't respect themselves. They have very little direction or purpose in their lives, relying on the opinions of others to get them through.

Dogged by stereotypes and low expectations, a true sense of selfpride can be hard to come by if you are a Black man in America. Back in the day, people called it "backbone." You could be the brokest Brother on the block, but if you had backbone, if you had inner pride, you were respected.

A truly and independent emotion, pride comes from deep inside of you. In fact, pride is probably one of the deepest feelings a person can have, and perhaps the most important. Once it takes root in you, no one or nothing can take it away from you. Not your boss, your lady, not even the number of zeros you have in your bank account.

Once it takes root, pride will make you open the door for a lady, even when your boys think it's lame. Pride will make you forgo that new sports car in order to have the money to enroll in classes at the community college. Pride will make you respect your elders, respect authority, respect your lady and respect yourself. A proud Brother will stay the course when others stray. A proud Brother will do things, not because it's the latest fad or is politically correct, but because it's right.

I can still vividly recall growing up in Greenville, S.C., and hearing up father's voice. He wasn't loud or angry, just stern and persistent. He used to always tell me to hold my head up, stand up tall, and look him (or any adult for that matter) in the eye when speaking to them. He knew back then what I know now—that pride can motivate you to be your best, to set goals for yourself, and know that you can achieve them.

When you take pride in yourself, you don't feel threatened by others, and you don't feel inferior to others ... You have self-value.

So strong is pride that it carried an entire generation of Blacks through the Jim Crow era and into another era where we truly felt good about who we were. The phrase "I'm Black and I'm proud," was not only catchy, it was uplifting, to the point that no discriminatory laws or racist people could hold us down.

But the whole notion of pride that James Brown sang about and Martin and Malcolm preached about has been construed and misconstrued and misrepresented so much that it has become virtually unrecognizable. Pride is not about how many worldly possessions you own, how powerful you are or how good you look. It's about how you handle yourself.

It starts with taking pride in yourself even before you know what it is that you are truly proud of. It starts by being a little humble, while at the same time holding your head up. All the while realizing that when you take pride in yourself, good things happen.

Only when you have a sense of inner pride will you have the backbone to stand alone and find a myriad of things that you are indeed proud of.

—Kevin Chappell



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DUSE Call **Expert Advice on Health and Fitness**

Heart Attacks & Women

My mother, who is 57 years old, active and health-conscious, had a heart attack, but she had none of the usual symptoms present before a person is stricken. She is doing fine now, but it concerns me that she had a heart attack without any of the classic symptoms. What should I know about this?

T.H., Denver

'It concerns me that [my mother] had a heart attack without any of the classic symptoms. What should I know?

> Thankfully, your mother is doing fine after her heart attack. Unfortunately, some doctors still steadfastly associate heart disease with men, even though it is the single greatest health risk for women. That perception, doctors say, is due to the fact that some women's symptoms of heart disease or a heart attack are different from symptoms in men, but they are just as dangerous and should be attended to immediately.

What we have come to know as

the classic heart attack symptoms -crushing chest pain or pain that radiates down an arm-are more common in men. Those symptoms can appear in women, but medical experts say women apparently have their own classic symptoms that shouldn't be overlooked-unusual fatigue, heart palpitations, pressure or pain in the upper abdomen, back pain or symptoms resembling indigestion.

Since heart disease presents itself differently in women than men, and is associated with her lifestyle, doctors strongly urge women to focus on key heart disease risk factors years before they reach menopause.

Ulcers Can Be Contagious

For some reason, I continue to be victimized by painful, nagging ulcers, even though I carefully watch what I eat, and I don't lead a stressful life. I can't tell you how totally surprised and shocked I was to hear a doctor say that ulcers can be contagious. How in the world can this happen? And what can I do to make sure I avold it?

F.M., Greensboro, N.C.

Surprising as it may seem, doctors say kissing can be the culprit. Ulcers are usually caused by H. pylori, a bacterium that penetrates the stomach lining.

Kissing can transmit the bacterium, which can be successfully treated with antibiotics. However, a person can be exposed to the bacterium through saliva that's infected with H. pylori.

Doctors say if a person has an H. pylori-induced ulcer, he or she and their partner should seriously consider taking antibiotics to avoid infecting each other.

After treatment, medical experts say it's also a good idea to get a new toothbrush so you won't reinfect yourself.

Fear Of Root Canal

I've been told that I have to have a root canal, and I'm terrified. What can you tell me that will but my mind at ease?

G.V., Milwaukee

It is common for people to fear root canal treatment, but dentists say it is probably the most maligned of all dental procedures. Surprisingly, perhaps, the reputation usually associated with the procedure is not deserved, according to many medical experts. Thousands of people who have had a root canal say the process is no more involved-and often no more painful—than getting a filling.

If you have questions or comments for this column, send them to Talk To EBONY at ww.ebony.com, or mail them to HOUSE CALL, EBONY, 820 S. Michigan Ave., Chicago, IL 60605. Answers to all questions are checked with a physician. This information is not intended as a substitute for individual, professional medical treatment. Because of the volume of mail received, we cannot give personal replies.



To learn more, visit viagra.com or call 1-888-4VIAGRA

VIAGRA is prescribed to treat erectile dysfunction. We know that no medicine is for everyone. If you use nitrate drugs, often used for chest pain (known as angina), don't take VIAGRA. Taking these drugs together could cause your blood pressure to drop to an unsafe level.

The most common side effects of VIAGRA are headache, facial flushing, and upset stomach. Less common are bluish or blurred vision, or being sensitive to light. These may occur for a brief time. Remember to protect yourself and your partner from sexually transmitted diseases.

Talk with your doctor first. Make sure you are healthy enough to have sex. If you have chest pain, nausea, or other discomforts during sex, seek medical help right away. Although erections lasting for more than four hours may occur rarely with all ED treatments in this drug class, it is important to seek immediate medical attention. Erections lasting longer than six hours can result in long-term loss of potency.

VIAGRA is covered under most Managed Care Plans.

Important Information: Viagra is one of several ED treatments that you and your doctor can consider.

Please see our patient summary of information for VIAGRA (25 mg, 50 mg, 100 mg) tablets on the following page. "Percent of members by formulary status for HMOs, PPOs and POS for Vagra, Levtra, and Clails. Formulary Compass" MedIM/deli XSI. Inc: February 2005.



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PATIENT SUMMARY OF INFORMATION ABOUT VIAGRA

(sildenafil citrate) tablets

This sammary contains important information about VIAGRA*. If is not meant to take the place of your doctor's instructions. Reed this information carefully before you start taking VIAGRA. Ask your doctor or pharmacist if you do not understand eny of this information or if you want to know more about VIAGRA.

This medicine can help many men when it is used as prescribed by their doctors. However, VIAGRA is not for everyone, if is intended for their doctors. However, VIAGIAA is not tor everyone. It is intended to use only by men who have a condition called rectile dystunction. VIAGRA must navar be used by man who are taking modelicines that contain infrares of any kind, et any filme. This includes introply-erin. If yas take VIAGRA with any infrate medicine year blood pres-sure could suddenly drep to an unsate or little threatening level.

. What is VIAGRA?

VIAGRA is a pill used to treat erectile dysfunction (impotence) in m It can help meny men who have erectile dysfunction get end keep en erection when they become sexually excited (stimulated).

You will not get an erection just by taking this medicina. VIAGRA helps a man with erectile dysfunction get an erection only when he is sexually excited.

. How Sex Affacts the Body

When a man is sexually excited, the penis rapidly fills with more blood than usual. The penis then expands and hardens. This is called an erection. After the man is done having sex, this extra blood flows out of the penis back into the body. The erection goes away. It an erection lasts for a long time (more than 6 hours), it can permanently damage your penis. You should call a doctor immediately if you ever have a prolonged erection that lasts more than 4 hours.

Some conditions and medicines interfere with this natural erection process. The penis cannot till with enough blood. The man cannot have an erection. This is called erectile dysfunction if it becomes a frequent

During sex, your heart works harder. Therefore sexual activity may not be advisable for people who have heart problems. Before you start any treatment for erectile dysfunction, ask your doctor if your heart is healthy enough to handle the extra strain of having sex. If you have chest pains, dizziness or nausea during sex, stop having sex and immediately tell your doctor you have had this problem.

. How VIAGRA Works

RA enables many men with erectile dysfunction to respond to sexual stimulation. When a man is sexually excited, VIAGRA helps the penis till with enough blood to cause an erection. After sex is over, the erection goes away

VIAGRA is Not for Everyone As noted above (How Sex Affects the Body), ask your doctor if your

heart is healthy enough tor sexual activity

If you take any modicines that contain nitrates – eithar regularly or as needed – you should never take VIAGRA. If you take VIAGRA with any nitrate medicine or necessitional drug containing nitrates, your blood pressure could suddenly drop to an unsafe level. You could get dizzy, laint, or even have a heart attack or stroke. Nitrates are bound in many prescription medicines that are used to treat angina (chest pain due to heart disease) such as:

- nitroglycerin (sprays, ointments, skin patch tablets that are swallowed or dissolved in the mouth)
- isosorbide mononitrate and isosorbide dinitrate (tablets that are swallowed chewed or dissolved in the mouth) Nitrates are also found in recreational drugs such as armyl nitrate or nitrite ("poppers"). If you are not sure if any of your medicines contain nitrates, or if you do not understand what nitrates are, ask your doctor

or obarmacist VIAGRA is only for patients with erectile dysfunction. VIAGRA is not for newborns, children, or women. Do not let anyone else take your VIAGRA. VIAGRA must be used only under e doctor's supervision.

What VIAGRA Does Not Do VIAGRA does not cure erectile dysfunction. It is a treatment

- for arectile dysfunction
- VIAGRA does not protect you or your partner trom getting sexually transmitted diseases, including HIV the virus that Causes AIDS
- VIAGRA is not a hormone or an aphrodisiac

 What To Tall Year Doctor Before You Bagin VIAGRA Only your doctor can decide if VIAGRA is night for you. VIAGRA can only your doctor can decide if Vivonix is right for you. Yourn can cause mild, temporary lowering of your blood pressure. You will need to have a thorough medical exam to diagnose your erectile dysfunc-tion and to find out it you can sately take VIAGRA alone or with your other medicines. Your doctor should determine if your heart is healthy enough to handle the extra strain of having sex.

Be sure to tell your doctor if you:

- have ever had eny heart problems (e.g., engine, chest pain, heart failure, irregular heart beats, heert ettack or narrowing of the eartic valve)
- have over had a stroke
- have low or high blood pressure
- have ever had severe vision loss have a rare inherited eye disease called retinitis pigmentosa
- have ever hed any kidney problems
- have ever hed eny liver problems
- have ever had any blood problems, including sickle cell anemia or leuke
- are allergic to sildenafil or any ot the other ingredients of VIAGRA tablets

- . have a deformed penis. Peyronie's disease, or ever had an erection that lasted more than 4 hours
- have stomach ulcers or any types of bleeding problems are taking any other medicines
- VIAGRA and Other Medicine

Some medicines can change the way VIAGRA works. Tell your doctor ebout any madicinas you are taking. Do not start or stop taking any medicines before checking with your doctor or pharmacist. This includes prescription and nonprescription medicines or remain-

- Remember, VIAGRA should never be used with medicines that contain nitrates (see VIAGRA is Not for Everyone). If you are taking alpha-blocker therapy for the treatment of
- high blood pressure or prostate problems, you should not take a dose of greater than 25 mg of VIAGRA at the same time (within 4 hours) as you take your dose of alpha-blocker. If you are taking e protease inhibitor, your dose may be adjusted (please see Finding the Right Dose for You).
- VIAGRA should not be used with any other medical treatments that cause erections. These treatments include pills, medi-cines that are injected or inserted into the penis, implants or

 Finding the Right Bose for Yea VIAGRA comes in different doses (25 mg, 50 mg and 100 mg). If you do not get the results you expect, talk with your doctor. You and your doctor can determine the dose that works best for you. Do not take more VIAGRA than your doctor prescribes.

- It you think you need a larger dose of VIAGRA, check with your doctor
- VIAGRA should not be taken more than once a day.

If you are older than age 65, or have serious liver or kidney problems, your doctor may start you at the lowest actoe (25 mg) of VIAGRA. If you are taking problems einhibitors, such as for the treatment of HIV, your doctor may recommend a 25 mg dose and may limit you to e maximum single dose of 25 mg of VIAGRA in a 48 hour period. If you are taking alpha-blocker therapy, you should not take a dose of greater than 25 mg of VIAGRA at the same time (within 4 hours) as your dose

Teke VIAGRA about one hour before you plan to have sex. Beginning in about 30 minutes and for up to 4 hours, VIAGRA can help you get an accution if you are sexually excited. It you take VIAGRA either a high-fat meal (such as a cheeseburger and french tries), the medicine may take a little longer to start working. VIAGRA can help you get an erec-tion when you are sexually excited. You will not get an erection just by taking the pili

· Possibla Side Effa

 Pessibia Side Effects
 Like ell medicines, VIAGRA can cause some side effects. These effects are usually mild to moderate and usually don't last longer than a few hours. Some of these side effects are more likely to occur with higher doses. The most common side effects of VIAGRA are headache, tlushing of the taca, and upset stomach. Less common side effects that may occur are temporary changes in color vision (such as trouble telling the difference between blue and green objects or having a blue color tinge to them), eyes being more sensitive to light,

In rare instances, men taking PDE5 inhibitors (oral erectile dystunction medicines, including VIAGRA) reported a sudden decrease or loss of vision in one or both syst. It is not possible to determine whether these events are ralated directly to these medicines, to other factors such as high blood pressure or diabetes, or to a combination of these. If you experience sudden docrease or loss of vision, stylo taking PDE5 inhibitors, including VIAGRA, and call a doctor

In rare instances, men have reported en erection that lasts ma hours. You should call a doctor immediately if you ever have an erection that lasts more than 4 hours. If not treeted right away, permanent age to your penis could occur (see How Sex Affects the Body). Heart attack, stroke, irregular heart beats, and death have been reported rarely in men taking VIAGRA. Most, but not all, of these men had heart problems before taking this medicine. It is not possible to nine whether these events were directly related to VIAGRA. VIAGRA may cause other side effects besides those listed on this sheet. It you want more information or develop any side effects or symptoms you are concerned about, call your doctor. Accidental Overdosa

In case of accidental overdose, call your doctor right away.

 Storing VIAGRA
Keep VIAGRA out of the reach of children. Keep VIAGRA in its oni nei container. Store et 25°C (77°F); excursions permitted to 15-30°C (59-86°F) [see USP Controlled Room Temperature].

 For More Intormation on VIAGRA
 VIAGRA is a prescription medicine used to treat erectile dysfunction.
 Only your doctor can decide if it is right for you. This sheet is only a summary. If you have any questions or want more information about VIAGRA, talk with your doctor or pharmacist, visit www.viegra.com, or call 1-888-4VIAGRA.



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Money Talks

ITH all of the talk about corporate downsizing, it seems that now is a good time to become your own boss.

But starting a business requires a lot more than dreams of independence, unfettered creativity and a pot of money at the end of the rainbow. It requires would-be entrepreneurs to map out a plan for success and to stick with it.

Tips To Help You Start Your Own Business

While it's good to have a certain degree of caution about branching out on your own, experts like Walt F. J. Goodridge, author of Turn Your Passion Into Profit, says that wariness can sometimes result in paralysis, or "entrepreneurophobia." The solution, according to Goodridge and other financial experts, is to tackle the thing you're most afraid of. "It may not always be easy, but it will always be worth it." Goodridge writes. "Remember, you can always find excuses not to do something you're afraid of."

The following are six tips from financial experts that will help you plan your business venture:

Develop a Unique Idea. Experts agree that a successful business needs to satisfy distinct needs or interests. Use the problems you have experienced at past jobs, or in life in general, to develop an entrepreneurial idea. Consider turning your passion into a business. Focus on a segment of the community that is underserved and develop ways to provide needed or desired services to that segment.

Define and Research Your Market. Know your target market. Define age, race, income level, and any other category of consumers you want to reach. Targetting your market makes it easier to design your products or services to meet consumer needs. You can always expand your business to other groups. Before launching a product or service, study the market to predict the necessity for your services. Information can be gathered at the library and online.

Develop a Business Plan. Experts strongly warn against skipping this step. Although a plan can be mapped out mentally, experts say you should put your ideas on paper. Record your ideas in a notebook, and map out a step-by-step plan to start your business. Call schools in your area or check newspapers for classes on developing business plans.

Finance Your Business. This is the biggest hurdle for most wouldbe entrepreneurs. Start your business part-time, while keeping your full-time job. This route ensures a steady income, health insurance, and stability until your business is self-sufficient. Save enough cash to last at least six months if you plan to quit your job. Other options include bank loans, grants and borrowing from family or close friends.

Location, Location, Location. When choosing a location, consider the cost of utilities and rent. Other factors include foot traffic, accessibility to targeted customers, competition, demographics and proximity to other businesses. As a cost-saving move, consider starting as a home-based business. Ask local organizations such as churches, schools and community centers to lease you space for less money than traditional means or in exchange for your volunteer services.

Media Campaign. Experts advise exploring all possible avenues to make people aware of your business. Word of mouth is one of the most productive advertising tactics. Other strategies include newspapers, flyers, business cards and developing a Web site.

These tips could put you on that road to the financial security you have always dreamed of, but be cautious. "Success in business is never automatic," according to the United States Small Business Association. "It isn't strictly based on luck—although a little never hurts. It depends primarily on the owner's foresight and organization. Even then, of course, there are no guarantees."

CHANGE THE

GAME.

IT'S NOT LIKE YOU HAVEN'T

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Sisterspeak

e's been called a legend, a hero, a visionary, a pionere. Some revere him as a business leader, media giant and role model. John H. Johnson was all of these and so much more. During my 20-some years of working for EBONY magazine, I have grown to love and respect Mr. Johnson (he reminds me so much of my own father), and he has greatly impacted my life, as he has that of thousands, actually millions, of others.

One notable point about this

Media Giant Championed Women

great man and entrepreneur is that he has always believed that women can do as good a job as any man. I've heard him say just that.

Long before I was born, and long before others gave women opportunities to excel professionally, Mr. Johnson was hiring women in top jobs. The masthead of a 1950 issue of EBONY lists Era Bell Thompson among the editors (she later became managing editor), Doris Smith (Saunders) as librarian, and Willie E. Miles (Burns) as agency manager. For many years Mildred Clark oversaw the company's finances and retired as vice president and comptroller. When I arrived at EBONY some 30 years later, these strong and talented women were still affiliated with the company. And so were June Acie Rhinehart, who worked her way up from secretary to vice president and on through law school to become the company's senior vice president and general counsel; and the late LaDoris Foster, who was vice president and director of human resources.

My first day on the job, I was excited to interact with Mr. Johnson. We bonded immediately, in part because of our common Southern roots. He was from Arkansas and I from Tennessee. He often asked me to recommend other Southerners for job openings. "I like Southern people," he told me. "We have the right attitude, and we work hard."

As you might imagine, it was not always compliments that came from Mr. Johnson. Like scores of others who have worked for him (even some who have not), I have been blessed out and thus greatly benefited from those "teaching sessions." He himself often joked that you were not loved and valued if he didn't fuss at you from time to time.

Overall, Mr. Johnson was a fair man and a demanding boss. He had high expectations, yet he was nurturing and encouraging and had a keen feel for people. One time in particular I was feeling discouraged by obstacles (aka men) to my professional growth. Mr. Johnson knew what really was going on. He told me to be patient and continue to do a good job. I did, and in a few months I was rewarded with a promotion and a hefty raise.

Mr. Johnson has always championed women, respected women and honored women. And at Mr. Johnson has always championed women, respected women and honored women.

Johnson Publishing Co., there is a strong contingent of talented women who are excelling. As with his magazines, Mr. Johnson (with Mrs. Eunice W. Johnson) saw a void in the beauty and fashion world, and thus founded Fashion Fair Cosmetics and the Ebony Fashion Fair show, thereby enhancing the company's emphasis on women and beauty and fashion. I feel fortunate to work for a company where race and gender are not obstacles.

During services for Mr. Johnson, Desirée Rogers, president of Peoples Gas and North Shore Gas. spoke eloquently of her family friend. "Most entrepreneurs have trouble thinking about the day when they would no longer run the company," she said. "Not Mr. Johnson. He knew that the future of the company was with a strong woman, his daughter [Linda Johnson Ricel. This was the man who in 1972 led not just the African-American community, but the business world by naming three women as vice presidents to lead this company."

Mr. Johnson's credo, "failure is not an option," has long inspired me to work diligently to overcome challenges and be the best that I can be. Thanks to Mr. Johnson, this small-town Southern girl has been able to live her dream—the EBONY dream—of writing and giving back to the community.

-Lynn Norment



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AVELGUIDE

MILLIONS MORE MOVEMENT 10 571

NATOBE



National Pan-Hellenic Council convention. Hyatt-McCormick Place

Hotel, Oct. 19-23. The 15th Annual Gwendolyn Brooks Writers Conference. Chicago State University. Oct. 19-22.

CARLSBAD, Calif.

Investment Companies La Costa Resort & Spa. Oct 16-19

ATLANTA Morehouse College Breast Tuskegee-Morehouse Cancer Walk, Morehouse Classic. Tuskegee College, Martin Luther King University vs. Morehouse International Chapel. Oct. 1. College Oct. 8.

BIRMINGHAM, Ala.

 64th Magic City Classic. Alabama State University vs. Alabama A&M University, Oct. 29.

AUGUSTA, Ga.

· CSRA Classic Savannah

State College vs. Bethune-

Cookman College. Oct. 15.

- National Organization of Minority Architects convention. Sheraton-Birmingham Hotel. Oct. 13-15.
- **BUFFALO, N.Y.** · Association for the Study of African-American Life and History 90th annual convention, Hyatt-Regency Buffalo. Oct. 5-9.

CHICAGO

 25th Annual Columbian Ball: Celebrating a Legend-The U-505. Museum of Science and Industry. Oct. 1.

· National Association of

COLUMBUS, Ga.

DALLAS

- · National Minority Suppliar Development Council Conference, Dallas Convention Center Oct. 23-26
- State Fair Classic, Prairie View A&M University vs. Grambling State University. Oct. 1.

DETROIT

National Association of Health Services Executives convention. Oct. 3-8.

FT. LAUDERDALE.

 Women In Ministry International convention. First gathering of women in ministry from around the world, Harbor Beach Marriott Resort & Spa Hotel, Oct. 9-11.

GULF SHORES, Ala. · 34th Annual National Shrimp Festival, Gulf Shores Public Beach. Oct. 13-16.

INDIANAPOLIS

- · Circle City Classic. Tennessee State University vs. North Carolina A&T State University. Oct. 1. Seventh annual African-American Male National Conference. Sponsored by
- the Indiana Commission on the Social Status of Black Males Hilton Hotel Oct. 26-28.

LAKE BUENA VISTA. Fla.

· Mickey's Not-So-Scary Halloween Party, Magic Kingdom, Through Oct. 31.

LAS VEGAS · National Black Public

Ralations Society convantion, Fitzgerald's Hotel. Oct. 6-9.

LOS ANGELES

- · National Ranker's Association convention. Regent Beverly Wilshire hotel, Oct. 11-14.
- 17th Annual Los Angeles Black Business Expo & Trade Show. Los Angeles Convention Center Oct. 28-30.

MIAMI

· Caribbean Carnival. Coconut Grove Expo

Center. Oct. 8. NORFOLK, Va.

· Battle of the Bay, Norfolk State University vs. Hampton University. Oct. 15.

NEW ORLEANS National Black MBA

Association convention. Ernest N. Morial Convention Center. Oct. 11-16.

NEW YORK CITY · Art Off the Main: The Show

of Contemporary African Caribbean and Latin American Art. Puck Building, Oct. 6-9.

ORLANDO, Fla. National Black

Child Development Institute convention. Wyndham Palace Resort & Spa Hotel. Oct. 16-18.

PHILADEL-PHIA

 Memories Go Round: The Photography of Jack T Franklin, Exhibit, The African-American Museum in Philadelphia. Through Oct. 20.

ST. LOUIS e Rill Pickett Roden National

Equestrian Center. Oct 15-16 Black Arts and Sciences Festival. Washington

- University, Keynote address is Oct. 23-30. Vision Speaker Series
- features Montel Williams. Anheuser-Rusch Performance Hall, Oct. 4.

SAN FRANCISCO San Francisco Jazz Festival, Various locations. Oct. 19-Nov. 26.

WASHINGTON, D.C. Millions More MovementTM 10th Anniversary Commemoration of the

National Mall. Oct. 15. • The Afro-American Historical & Genealogical Society convention. Kellogg Conference Center.

Oct. 27-30.

WILMINGTON, Del. · Fine Art at the Riverfront

Artists of color throughout the country participate in this juried exhibition. Bank One Center on the Riverfront, Oct. 8-9.



BERMUDA

music festival 2005

DESTINATIONS:

ISLAND ARLIBA

· Aruba Music Festival Features international and local artists. Oct. 7-8.

RERMUDA

• 10th Δnnual Rermuda Jazz Festival Scheduled this vear are Patti LaBelle. Regina Carter, Al Green. Angie Stone, Kirk Whalum and Joss Stone among others. Royal Naval Oockvard, Oct. 8-12.

NOTE: Sponsors may change dates or locations after the magazine has been published. Travelers should verify event information with local sponsors. -Joy Bennett Kinnon





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BO<u>ny Essentials</u>



PROFESSIONAL BLEND

The new VITA MIX® Professional Series is a commercial-grade blender that emulsifies, blends, grinds, chops and purees any ingredient. It features stainless steel laser-cut blades and a 2+ peak horsepower motor that propels the blade tips up to 240 mph. The 64-ounce polycarbonate container is lighter and more durable than glass and processes ingredients consistently.

(www.theprofessionalseries.com)

FRAGRANT CANDLE



EBONY WEB BONUS! Lladró's FLOWERS OF PEACE CANDLE fills your home with fragrance that can help you set that special mood for 50 hours. During October, Lladró will donate 10 percent of sales from the Peace Candle and other special edition items to the Susan G. Komen

(www.lladró.com)

For an opportunity to receive the Lladró Peace Candle, go to www.ebonv.com.

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SLEEK TALKING

THE MOTOROLA PEBL V6 offers a more sophisticated design in mobile accessories. The cellular phone has a smooth oval form and a dual-hinge mechanism to open and close the phone with ease. It features video playback, high-speed data access. built-in digital camera, instant messaging and more. (www.motorola.com)



SUAVE® SKIN

SUAVE® SKIN THERAPY SENSITIVE SKIN LOTION features a fragrancefree, hypoallergenic formula that comforts dry sensitive skin. Free of lanolin and dves. its hydrating formula offers 24-hour-moisturization to replenish dehydrated skin. (www.suave.com)



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STACYADAMS







Sounding Off

KINDRED

INDRED is back with its greatly anticipated second recording, and the multitalented husband-wife duo does not disappoint. Aja Graydon and Fatin Dantzler again enthrall R&B listeners with their unique, soulful sound on In This Life Together (Hidden Beach), which is packed with great lyrics and songs that cover the everyday life of two people in love. Among the standouts is the jamming, percolating "Turn It Up" and the funky "Sneak a Freak," which speaks of finding time for love despite the kids and all. And then there's "Do You Remember," which reflects on past days, and the insightful "Woman First" solo from Graydon. The pace slows a bit with "Where Would I Be: The Question," on which the couple ponder where each would be if they had not met and fallen in love. With this recording, Kindred demonstrates with lyrics, great music and personal experiences that there is more to a relationship than just the hook-up and the break-up.

—Lynn Norment





Artist SPOTLIGHT:

CECE WINANS has evolved into a versatile, supertalented artist who inspires with soaring gospel songs but who also can rock with her pop and R&B rhythms, all while singing praises to the savior. That is evident on her new recording, Purified (PureSprings/SonvUrban), The pumping, emphatic "Pray" is cowritten and co-produced by her nephew Mario Winans, who also offers street-savvy rap. That mood and pace are matched on "A Place Like This." Then there's the beautiful. anthem-like "All That I Need" and the soothing "Colorful World," which speaks of diversity, "Always Sisters," co-written with sisters Angie and Debbie, offers a personal perspective. CeCe wrote or cowrote eight of the recording's 13 tracks, and throughout she offers candid personal glimpses into her heart and soul via her angelic voice.





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Sounding Off

Also NOTED:



LATOYA LONDON, Love & Life (Peak/Concord): EARTH, WIND & FIRE. Illumination (Sanctuary): LES NUBIANS, Echos: Nubian Vovager (Triloka/Sheridan Ent.): TONI BRAXTON, Libra (Blackground); SHAGGY, Clothes Drop (Geffen); RAY J. Raydiation (Knockout): DWELE. Some Kinda . . . (Virgin); MELENI SMITH, Some Kind of Urban (Columbia/Das): YOUNG-BLOODZ, Anutha Level (Zomba): LORENZO OWENS. After the Show (D-Town/Music Mind): SHARISSA, Every Beat of My Heart (Czar/Virgin): SLY AND THE FAMILY STONE.

Different Strokes for Different Folks (Epic/Legacy); CHRIS BROWN: Chris Brown (CBE/Jive/Zomba); YO GOTTI, Back 2 Da Basics (TVT RECORDS); TBONE, Bone-A-Fide (Filcker); REV RUN, Distortion (Russell Simmons Music Group/Island Def Jam); SEAN PAUL, The Trinity (Atlantic); THE REBIRTH, This Journey In (Kajmere Sound/KSD); M.J.A., Arular (Interscope/XL); LAURNEA, The Collection (Shanachie); KEV BROWN, I Do What I Do (Up Above); RUN DMC, 20th Anniversary Special Edition of Run-D.M.C. (Profile/Arista/Legacy), expanded editions of first four albums; PAUL HILL, Back Against The Wall (Holland Dozier Holland); TEIRRA MARI, Roc-A-Fella Records Presents Teairra Mari (Roc-A-Fella/Sland Def Jam Music Group); THE REBIRTH, This Journey In (Kajmere/KSD); JOE MCBRIDE, Texas Hold'Em (Heads Up); EUGE GROOVE, Just Feels Right (Narada Jazz); CAFÉ SOUL ALLSTARS, Love Pages (YOU); VARIOUS ARTISTS, Def







ROBERT GLASPER, Canvas (Blue Note); BONA FIDE, Soul Lounge (Heads Up); RISE, More Shine (Fuerte): BUDDY GUY, Bring 'Em In (Silvertone/Zomba): VARIOUS ARTISTS, Night Train to Nashville: Music City Rhythm & Blues, 1945-1970 Vol. 2 (Country Music Hall of Fame & Museum/Lost Highway); Thelonious Monk Quartet with John Coltrane at Carnegie Hall (Blue Note/Thelonius); SHIHAN, The Poet (Groove Gravy); MILES DAVIS, The Cellar Door Sessions (Columbia/ Legacy); MAR-LON SAUNDERS, A Groove So Deep: The Live

Sessions (Black Honey): 100 Years of Jazz Guitar (Columbia/Legacy): DEE DEE BRIDGEWATER, J'ai Deux Amours (Sovereign Artists/DDB); BILLY CHILDS ENSEMBLE, Lyric (Lunacy); KEVINTONEY, 110 Degrees and Rising (Shanachie); SOULIVE, Break Out (Concord); Best of Sam Cook (Sony Legacy); SHIRLEY CAESAR, I Know The Truth (Shu-bel/Artemis Gospel); YOLANDA ADAMS, Day By Day (Atlantic); NEVILLE PETER, Simply Hymn Vol. 1 (AAMG/ Meridian); SOUNDS OF BLACKNESS FEATURING ANN NESBY, Unity (SLR); SMOKIE NORFUL, Nothing Without You (EMI Gospel/Sunrise DVD): ELVIS WHITE, Promise (1720 Records); and MAR-VIN SAPP. Be Exalted (Verity/Zomba).







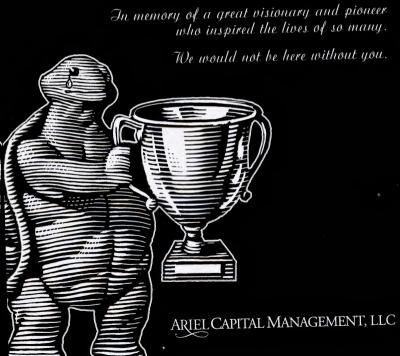




"To dreamers everywhere...
long shots do come in...hard work,
dedication, and perseverance
will overcome almost any prejudice
and open almost any door."

John H. Johnson

1918-2005



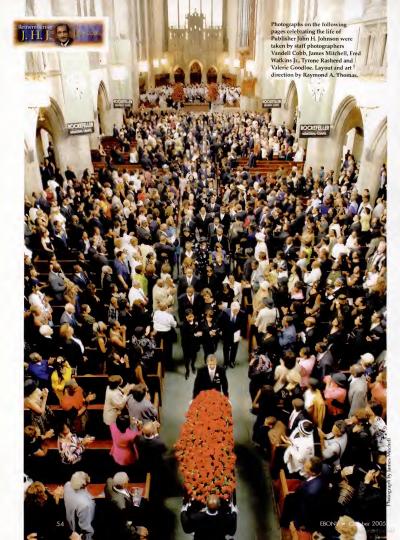
"FAILURE IS A WORD I DON'T ACCEPT."



Celebrating
The Life
And Legacy Of

John H. Johnson

1918-2005





After the service celebrating the Iff of Publisher him H. Johnson (opposite page), hundreds of attendees applauded his life as the casket bearing his remains is secorted out of Rockefeller Memorial Chapel in Chicago during the recessional led by President William Jefferson Clinton and the family. An eight-foot-tall portrait of the publisher overlooked the lobby of Johnson Publishing Co. and mourners attending the public visitation. Below, President Clinton and Norman J. Williams, president and funeral director, Unity funeral Parlors, Inc., escorted Mrs. Johnson into the chapet, followed by daughter Linda Johnson Rice, president and CteO of Johnson Publishing Co., her husband, businessman Mel Farr, and daughter Alexa Rice.

OHN HAROLD JOHNSON was the people's publisher. He built a legacy celebrating the achievements and beauty of Black Americans, and they, in turn, honored that legacy by paying tribute to both the dream and the dreamer.

"People say he was a great 'Black' publisher, but I worked for him for 52 years, and it is my testimony as a reporter and historian that considering the depth from whence he came, and the height he climbed and the obstacles he overcame, he was the greatest of all American publishers,











The Rev. Dr. William H. Gray, senior minister, Bright Hope Baptist Church, Philadelphia, officiated at the service, during which heartfelt tributes were offered by President Bill Clinton, Black Enterprise Publisher Earl G. Graves Sr. (below, I) and businessman John W. Teets (below, center). Chicago Mayor Richard M. Daley (below, right) reviewed the program before entering the chapel. The publisher's granddaughter, Alexa Rice (beth), represented the family in expressing appreciation for expressions of condelences that followed Mr. Inhonor's death.

Black or White,"EBONY Executive Editor Emeritus Lerone Bennett Jr. said at the funeral service for the media giant.

Former President William Jefferson Clinton escorted Johnson's wife of 64 years, Mrs. Eunice W. Johnson, into the service and paid tribute to Johnson as a "man I liked and admired." Clinton, a fellow Arkansan who in 1996 presented Johnson the Medal of Freedom, the

nation's highest civilian honor, said:
"John Johnson had a vision of keeping
hope alive by showing Black people
faces of hope." Clinton noted that
Johnson was one of millions of Blacks
who fled the Jim Crow South for a better life in the north."Out of this swarm













U.S. Senotre Barnet Obama (Jeft), Illinois Governor Rod Blagojevich, and Peoples Gas and North Shore Gas President Desirée Rogers all saluted Publisher Johnson. Said Senator Obama: "A handful of men and women leave an imprint on the conscience of a nation and our history. John Johnson was one of those men." During the service, gospel singer Vickie Winans (below) delivered a rousing rendition of "We Shall Behold Him."

of hardworking, family-loving men and women carving out their own version of the American Dream," the former president said, "one ma stood out because his dream was bigger and he had a vision for how to achieve it."

Media broadcasters Tom Joyner and Tavis Smiley lauded Johnson as a "man of action." Smiley said Johnson died"a masterpiece of magnificence." He also praised Johnson's commitment and independence. Remarking on Johnson's 5500 loan against his mother's furniture to launch his first magazine, Smiley said to much applause, "Mr. Johnson took that \$500 and built a media empire that 60 years later is still No. 1 and still 100 percent Black-owned."

Many dignitaries attended the funeral service for the media mogul held at the University of Chicago's Rockefeller Memorial Chapel, but hundreds of private citizens waited outside in the hot sun for the chance to bid a fond farewell to the man Bennett called "an American original" who had a relationship with the people that went "beyond polls and focus groups."

Mourners began lining up nearly two hours before the 11 a.m. funeral service began. Those not able to get inside waited outside the chapel until the end of the three-hour ceremony that was filled with poignant and amusing anecdotes by Johnson's friends and business associates.

Bennett added that the "unprecedented upsurge of emotion at his death proves that the people knew him and loved him not because of the money, not because of the awards, but

because he was, in Gwendolyn Brooks' terms, 'the real thing.'"

Johnson Publishing Company headquarters, located on downtown Chicago's famed Michigan Avenue, was the focal point of the two-day celebration. The 11-story building, designed by Black architect John Moutoussamy, overlooks Lake Michigan and Grant Park. Thousands gathered and formed long lines outside the building to view the publisher's bier in the two-story glass, marble and









steel entrance, draped in black-and purple mourning bunting.

Celebrities and program speakers gathered at the building the morning of the funeral for breakfast before being transported in nearly 50 gleaming black limousines to the service.

Following the three-hour funeral service, more than 1,000 invited guests returned to Johnson Publishing Co. for a repast and reception that lasted until the early evening hours.

The day before the services, Johnson lay in state in the lobby of Johnson Publishing Company, his polished

mahogany casket surrounded by red roses. And the people came. They came by the thousands. So many came that the five-hour visitation period was extended by an hour to accommodate the mourners.

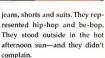
Silently, slowly, reverently, pushing walkers and baby strollers, with tod-dlers in tow and oxygen tanks, they came. They carried early issues of EBONY, recent issues of EBONY and Black history books. They carried autographed copies of Johnson's biography, Succeeding Against the Odds. They wore church hats and police uniforms. They wore hats and police uniforms. They wore



Among the participants in the three-hour service were (counter clockwise from top) singer Sanitia Jackson, radio/relevision talk show host Tavis Smilley, Playboy Enterprises president/CEO Christic Hefner, John H. Stroger Jr., president of the Cook County Board of Commissioners, and (top, right) the Rev. Dr. Kenneth B. Smith, senior minister retired, Church of the Good Shepherd, Congregational UCC.







In two remarkable days, with lines that wound around Chicago's downtown streets, and around the University of Chicago's Rockefeller Chapel, they came from around the country to bear witness to the man who in 60 years of publishing EBONY changed America with words and images.

Johnson, whose business empire also included let magazine. Ebony Fashion Fair and Fashion



Fair Cosmetics, died of heart failure in Chicago on August 8. He was 87.

An 8-foot-tall portrait of the late publisher dominated the lobby of the company headquarters. The Johnson family-his wife, Mrs. Eunice W. Johnson; daughter, company President and CEO Linda Johnson Rice: son-in-law, Mel Farr; and granddaughter, Alexa Rice-greeted mourners at the public viewing. Alpha Phi Alpha and Sigma Pi Phi fraternities conducted farewell rituals.

President Clinton led a host of prominent speakers who praised





(bottom) Mrs. Eunice W. Johnson, Linda Johnson Rice. Alexa Rice and Mel Farr share an emotional moment.







EBONY • October 2005





During the service, the Sanctuary Choir of the Apostolic Church of God in Chicago sang, The Rev. Jesse Jackson Sr. (right) delivered the benediction. Attendees included (felf) the Honorable Minister Louis Farrakhan and activist Dick. Gregory, and (below) U.S. Rep. Maxine Waters and her husband Sidney Williams.







Among the celebrities attending was TV and film star Dishann Carroll (above, right), who chats with Michelle Obama, wife of Sen. Barack Obama. They were seated next to Debra Lee, president and COO of BET. In the audience (below, c.), seated with the Johnson family, was longtime friend June Acie Rhinehart, senior vice president and general counsel of Johnson Publishing Co.





Blabop T. D. Jakes and his wife, Serita, listened intently as speaker after speaker delivered tributes in recognition of the man many consider "the giant who changed the color of international media." At right, pallbearers (left side) 1.5. Levery Johnson, André Rice, Dennis Boston, J. Lance Clarke, Kaymond Grady (right), Sylvester Briggs and John W. Rogers Jr. carry the remains of Publisher Johnson out of the chapel after the services.













Others who came to pay their respects included (left to right) BET Founder Robert L. Johnson, AOL-Time Warner CEO Richard Darsons, the Rev. Al. Sharpton, who was an honorary pallbearer, and Valerie B. Jarrett, chairman of the Chicago Stock Exchange. Below, the attendees included (l. to r.) Coca-Cola executive Ingrid Saunders Jones, Xernona Clayton, corporate vice president urban affairs, Tumer Broadcasting: retired Coca-Cola executive Carl Ware, and UNCF President Michael Lomax. Among the Johnson Publishing Co. employees in attendance were (below, right) EBOXY magazine managing editors Ixmn Norment and Walter Lewy.





Continued on Next Page







Arrhing for the funeral are Motown Records founder Berry Gordy, de Passe Entertainment President Suzanne de Passe (r.) and Eskedar Gobeze (l.), senior vice president, Berry Gordy Family Foundation/West Grand Media, Inc; U.S. Rep. Jesse L. Jackson Jr. (left, l.) and U.S. Rep. Harold E. Ford; Bill Cohen (center, left), former U.S. secretary of defense, and his wife, TV personality Janet Langhart, a former Ebowy Fashion Fair model.



Johnson's legendary courage and spirit. Along with Bennett, Joyner and Smiley, they included the Rev. Dr. William H. Gray III, former congressman and senior minister, Bright Hope Baptist Church in Philadelphia, who delivered the moving eulogy. Also offering tributes were U.S. Sen. Barack Obama (D-III.), Illinois Gov. Rod Blagojevich, Chicago Mayor Richard M. Daley, the Hon. John H. Stroger, president, Cook County Board of Commissioners.

Black Enterprise founder and publisher Earl G. Graves Sr., noted business leader and former Chairman of The Dial Corporation John W. Teets, Christie Hefner, chairman of Playboy Enterprises, H. Patrick Swygert, president of Howard University, Peoples Gas and North Shore Gas President Desirée Rogers, and the Rev. Jesse L. Jackson Sr.

Johnson Publishing Company was closed the day of his funeral, and employees were transported to the

Also attending the service were Rodney E. Slater (below, L), former U.S. Secretary of Transportation, and Ernest Green of the Little Rock Nine; Randy Jackson of the Jackson musical family; Juanita Jordan, wife of basketball star Michael Jordan, and Edward Lewis, chairman and founder, Essence Communications.









Continued on Page 64

EBONY • October 2005

Those who tell the stories are often even better stories themselves... and so it is with John H. Johnson.



Though the stories told within the covers of his publications are rich, the story behind this storyteller may be the greatest one of all.

> John H. Johnson 1918-2005

He'll be rememebered for his leadership, tenacity, bravery and an uncompromising standard of excellence.

We have all had to rise a little higher because of him.

WAL*MART









Others paying respects included Thomas J. Burrell, chairman-emeritus of Burrell Communications Group, and his mother, Evelyn; Johnson's 47-year executive assistant Della Palmer (center) and her husband, Henry; and U.S. Rep. Danny K. Davis and his wife, Vera.

chapel. Funeral arrangements were entrusted to Unity Funeral Parlors, Inc. in Chicago, headed by Norman J. Williams. Stunning floral arrangements were designed by David Waldvogel, owner of Henry Hampton Floral.

Along with the public, the VIP list was extensive. Among the notables in attendance were the Honorable Minister Louis Farrakhan; Bishop T.D. Jakes and his wife, Serita; Diahann Carroll, Juanita Jordan, the Rev. Al Sharpton, Don King, Berry Gordy, Suzanne de Passe, Rodney Slater, Edward Lewis, Butch Lewis, AOL-Time Warner CEO Richard





JOHN H. JOHNSON

1918 - 2005

Exelon thanks John H. Johnson for reshaping America. A dynamic trailblazer, Mr. Johnson led a media empire that inspired readers around the world for more than 60 years. His vision and commitment created *EBONY*, his flagship publication, and *JET* magazines, today with combined circulations of more than 2.7 million world-wide. But these were only two of Mr. Johnson's multitude of accomplishments.

Mr. Johnson not only persuaded corporate America to advertise in his magazines, but he convinced advertisers to associate their products with images of Black life, giving new impetus to the African-American consumer market. Successfully giving voice to Black aspirations and concerns at a time when segregation scarred the nation, helped show us all how a more inclusive and truly diverse America would look.

Mr. Johnson epitomized innovation, grace, leadership and endurance for the entire nation. Thankfully, his vision of a better life will carry on in the pages of his pioneering publications.

Exelon shares its condolences with the Johnson family, past and present employees of Johnson Publishing Company, Inc., and the readers of *EBONY* and *JET* magazines.



Exelon.

2005 ComEd, Exelon www.exeloncorp.com

Thank You

BECAUSE I LOVE TO LEARN, I have been a student all of my life, and my greatest teachers were my mother and my boss of 50 years, John H. Johnson. I think of both of them as pragmatic survivalists. Upon reflection, several years ago I realized that I worked so well with Mr. Johnson—as his secretary, administrative assistant, vice president and finally general counsel—because his style of management was so "common-sense." I find myself frequently repeating his disapproving questions to employees: "If you don't understand it, how do you expect me to understand it?" or "If you can't finish this job today, maybe I can't sign your check on payday," and "II I have to help you complete this assignment, then I get part of your psycheck." The lessons were endless (quite like my mothers), and id id not even realize how much I was learning along the way.

No, Mr. John H. Johnson was not an easy taskmaster because he knew that Black America did not have the luxury of taking that course. He left behind a staff that knows that and demonstrated how well it performs under pressure. how we can always find under our own roof at least one staffer who knows something about how to accomplish any assignment. It was my special privilege last week, even while each employee suffered through his or her own individual grief, to witness our collective efforts to carry out the wishes of the family in paying just the right tribute to our lost leader. At the time we did not know what a personal and public outpouring of support we would receive from thousands outside our walls who wanted to embrace us and grieve with us, help us. love us. I especially appreciated again working alongside Lerone Bennett Jr., who, though no longer an official "employee," returned easily to the fold, as did Lydia Davis Eady, Both will always be a part of JPC in their hearts as well as in ours. Mrs. Johnson and Linda Johnson Rice, despite their grief, were available to assist staff and respond to issues that required their direction. We sorely missed LaDoris Foster, who had served as HR director and vice president of JPC, and had always led our teams in planning the company's special events. We are still reeling from her unexpected death just four months ago after a 47year career with the company.

Every staffer contributed in some way to our efforts to pay the honor to John H. Johnson that his family and JPCers knew he should receive. Our gratitude goes out to tens of thousands of others who share our feelings. We are all truly a part of his proud legacy. I know this extended "family" will continue his mission, hopefully continuing the same standard of excellence he always demanded of us. We still can't risk doing less.

June Acie Rhinehart, senior vice president and general counsel, Johnson Publishing Company





Parsons, BET founder Robert L. Johnson and current CEO Debra Lee, U.S. Rep. Maxine Waters, businessman George Johnson, Randy Jackson of the
Jackson musical family, fitness guru Donna
Richardson, comedian/activist Dick Gregory,
Michelle Obama, U.S. Rep. Jesse Jackson Jr., U.S.
Rep. Harold Ford Jr., U.S. Rep. Bobby Rush, U.S.
Rep. Danny Davis, ambassador and former U.S.
Sen. Carol Moseley Braun, Illinois State Senate
President Emil Jones Jr., Timothy Evans, chief
judge, Cook County Circuit Court; Valerie Jarrett,
chairman of the Chicago Stock Exchange: John





Public goundswell of affection for Johnson was demonstrated with long lines winding around the Johnson Publishing Co. head-quarters for the public viewing. People brought classic copies of EBONY to share while youngsters sat on the curb outside Rocke-feller Chapel, thumbing through the funeral program.











Rogers, CEO Ariel Capitol Management; Byron Lewis, founder and president of Uniworld Group Inc.; Bernard Bronner, publisher of Upscale magazine; Thomas J. Burrell, chairman-emeritus of Burrell Communications Group; Xernona Clayton, corporate vice president, Urban Affairs, at Turner Broadcasting and executive producer of the Trumpet Awards; the Rev. Mdile L. Wyatt, the Rev. Willie Barrow, financial strategist Mellody

Company CEO Rice (right), along with her husband and daughter, greets admirers of her father. Joy Bennett Kinnon (above, I.), EBON's senior editor, and Laurnetta A. Marin, scanner operator, EBON's and Jet, were among JPC employees who served as honguards during public viewing. Chicagoan Tamer-Lee Williams, 14, played "Amazing Grace" at Mr. Johnson's casket as a personal tribute; and publisher's wife, Mrs. Eunice W. Johnson, was supported by family at the viewing.



In Memoriam

John H. Johnson

1918 - 2005



He gave a voice to millions of people. And millions more to come.

John H. Johnson once said of Ebony, "We look for people who have made it, who have succeeded against the odds, who have proven somehow that long shots do come in." But he could have been talking about himself. His vision and his legacy are the stuff of legend. For decades, The Wm. Wrigley Jr. Company has been privileged to work with Johnson Publishing and to participate in John H. Johnson's dream.

The Wm. Wrigley Jr. Company



Hobson, publisher Hermene Hartman, former Illinois Attorney General Roland Burris, Shawnelle Richie Logan, CBS-2 Chicago/WBBM-TV director of community affairs, Neal S. Zucker, president of Corporate Cleaning Services, and Chicago Alderwoman Dorothy Tillman.

pressed the family's acknowledgement and appreciation of the outpouring of public expressions of condolence. For those seeking to honor Johnson, the family has requested donations be made to the Howard University John H. Johnson School of Communications, 525 Bryant Street NW, Washington, D.C., 20059, or to the United Negro College Fund, 8260 Willow Corporate Drive, Fairfax, Virginia, 22031.

Music ministry for the services was aptly provided by gospel singer Vickie Winans, the Sanctuary Choir of the Apostolic Church of God in Chicago and singer Santita Jackson.

The Rev. Jesse L. Jackson closed the





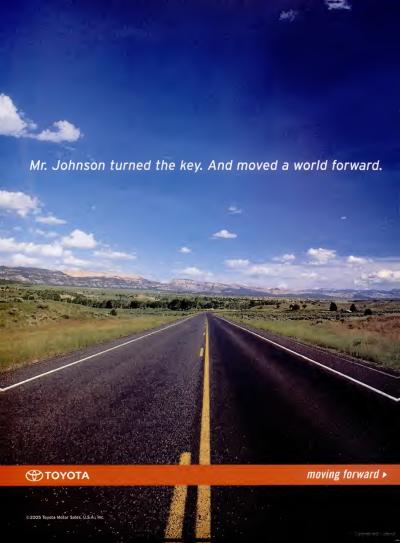


ceremony with a heartfelt benediction:"The world saw us through a keyhole. John Johnson saw us through a door. He pushed our walls and removed low-hanging ceilings. He put a human face on African people. He changed the face of American journalism. He connected America to the DiasporaYou chronicled our struggles, we thank you."

Johnson's rose-draped casket exited to a standing ovation and to the Billy Strayhorn/Duke Ellington standard."Take the 'A'Train."

-Joy Bennett Kinnon





In honor of **JOHN H. JOHNSON**, a Pioneer and a Station.

And to the Blacks who helped him reach and range.

AN ARRIVAL

By GWENDOLYN BROOKS

A tribute to Ourselves. And to the will, the precise will, the full will that manages Arrivals through the fire; that manages revisions of the wave.

Beyond
the genuine crucifixions, and the sleep,
The steep
flint, the high
howl of the hurricane,
the wide
Ice,

across our self-recovery and redress—
we look at one another.

And we love.

May 16, 1972

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EBONY • October 2005



N his autobiography, Succeeding Against the Odds, John H. Johnson tells how he borrowed \$500 on his mother's furniture and created a publishing and cosmetics empire that changed the color and content of American media.

The founder and publisher of EBONY and Jet magazines and the chairman of Johnson Publishing Company, Inc. and Fashion Fair Cosmetics succumbed on the 60th anniversary of EBONY magazine, which, under his leadership, has been the largest Black-owned magazine in the world for 60 straight years.

Johnson, who was born in poverty and who rose in one generation from the welfare rolls to the rolls of Forbes 400 richest Americans, was a member of the Publishing Hall of Fame, the National Business Hall of Fame, the Advertising Hall of Fame and the Arkansas Business Hall of Fame, and he received the Spingarn Medal, the highest award of the NAACP, and the Salute to Greatness Award, the highest honor of the Martin Luther King Jr. Center, for his contribution to civil rights.

In 1972, he was named Publisher of the Year by the Magazine Publishers Association. In 1974 he was named "The Most Outstanding Black Publisher in History" by



Succeeding Against



Publisher John H. Johnson is shown as handsome young man (above) and in 1941 wedding party photograph with Eunice Walker Johnson, his wife of 64 years.

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EBONY • October 2005

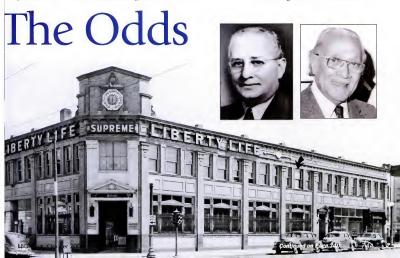


During arry years of sucess, Publisher Johnson is accompanied by his mother, Gertrude Johnson Williams, during a social event. After high school in 1936, Johnson was mentored by Harry H. Pace, president of Supreme Liberty Life Insurance Company (below, left) and Earl B. Dickerson, who succeeded Pace as Supreme's president. At Supreme, Johnson conceived the idea to start his first magazine in 1942.

"The reason I succeeded was that I didn't know that it was impossible to succeed."

the National Newspaper Publishers Association. In 2003, he was named "The Greatest Minority Entrepreneur in U.S. History" by Baylor University. In the same year, Howard University named its journalism school the John H. Johnson School of Communications.

On the 50th anniversary of the founding of EBONY magazine, the publisher received the Presidential Medal of Freedom, America's highest civilian honor, from President Bill Clinton, who said he gave "African-Americans a

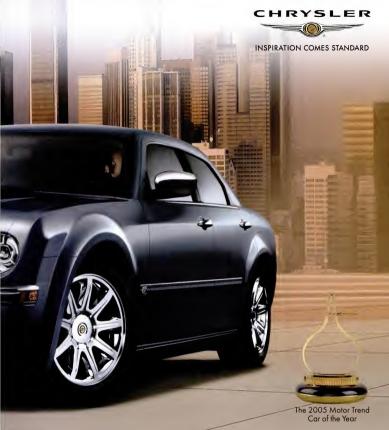




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voice and a face, in his words, 'a new sense of somebody-ness,' of who they were and what they could do, at a time when they were virtually invisible in mainstream American culture."

The publisher virtually invented the Black Consumer Market and almost single-handedly created the foundations of the Black magazines and the Black media stars of today.

"I didn't start a business to get rich—I started a business to provide a service and to improve myself economically. I think it's a mistake to set out to get rich."

Johnson was born in Arkansas City, Ark., on January 19, 1918, to Leroy Johnson and Gertrude Jenkins Johnson. His father was killed in a sawmill accident when he was 8, and his mother, who later married James Williams, became the dominant force in his life. "She believed in me and taught me to believe in myself," he said later. "She taught me to dream, to dare and to never give up." There was no Black high school in Arkansas City at that time, and Gertrude Johnson Williams, who was the embodiment of the strong Black mother who can't be blocked or stopped by anything, decided to take her son to

Chicago where he could get a good education.

Johnson's first publication, Negro Digest (top), was produced in his first office building at 5619 South State Street in Chicago (top). In 1949, he purchased and refurbished a funeral home building (above) for his growing company. The first issue of EBONY was published in November 1945; the first color cover was published in March 1946 and featured Lena Horne. let's first issue (left) was published in 1951.

WHY NEGRO SDICIDES ARE INCREASE

74D

EBONY • October 2004

Continued on Page 74F





Kraft Macaroni & Cheese now has double the calcium of regular Macaroni and Cheese dinners.

That's calcium kids need for strong bones. No wonder moms and kids love
the one in the Blue Box right down to their bones.

It's The Cheesiest:





Courthouse.

They left Arkansas City in July 1933 and were joined later by his stepfather. Fifty-three years later, when Johnson returned to Arkansas City for the first time since his departure, every major public official, Black and White, turned out to greet him, and schoolchildren, Black and White, lined up to honor the most distinguished individual produced in Arkansas City and Desha County. On May 21, 2005, the John H. Johnson Cultural and Educational Museum, a joint project of Arkansas City and the University of Arkansas at Pine Bluff, was dedicated at the Desha County

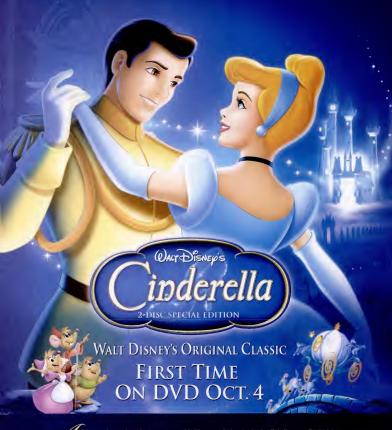
Gertrude Johnson Williams and her son moved to Chicago at the height of the Great Depression and were on the welfare rolls for a short period. But they got off welfare as soon as possible, he said in his autobiography, and "moved on to



Publisher John Johnson addresses audience during opening ceremonies for his current headquarters on Chicago's Michigan Avenue (right). With him are his mother, Gertrude Johnson Williams, his daughter, Linda, Mayor Richard Daley and son John Jr. (also with Johnson at right). In top photo, the publisher is shown with his wife and mother, and (below) with Mrs. Johnson and daughter Linda Johnson Rice showcasing Fashion Fair Cosmetics products.









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"Well, it's very simple. You just don't sell any stock to anybody and you don't try to merge. I'm not for sale. I'm not for sale."







better times and better jobs."

Johnson graduated from DuSable High School in 1936, and worked at Supreme Liberty Life Insurance Company, the largest Black business in the North, while studying part-time at the University of Chicago and Northwestern University. One of his duties at Supreme was to prepare for President Harry H. Pace a digest of Black or Black-oriented stories in the American

Johnson is shown with daughter Linda and Mrs. Johnson (top) with a display of company products; with his wife and granddaughter Alexa Rice (above and left); with family (below), including Alexa, Mrs. Johnson, son-in-law Mel Farr and daughter Linda Johnson Rice, after he received an honorary degree from Howard University; and walking Rice down the aisle during her 2004 wedding during which she married Farr.





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kind of clean with the **new Deep Cleansing Mask** while powerful blemish fighters in our Deep Foaming Cleanser and Clarifying Toner help keep your skin clear day after day. And night after night.

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Get the deepest
werful blemish
lelp keep your



press. This gave him the idea for his first magazine, Negro Digest, but banks and finance institutions refused to give him a loan. Undaunted, he financed the first issue by borrowing \$500 on his mother's furniture. The magazine, published for the first time in November 1942, was an instant success and led to the founding of EBONY magazine in 1945 at the end of World War II in his "lucky month" of November. The first issue of EBONY sold 50,000 copies, making it the largest circulated Black-owned magazine. Sixty years

During 1961 independence ceremonies of the Ivory Coast in Africa, Johnson, a special ambassador, is joined by fellow delegation members (I. to t.) Atty. Gen. Robert F. Kennedy, U.S. Ambassador to Ivory Coast R. Borden Reams and Assistant Secretary of State G. Mennen Williams. In South Africa (below), the Johnson family is greeted by Nelson Mandela, who made the sweeping changes in the former stronghold of apartheid.









"We wanted to give Blacks a new sense of somebody-ness, a new sense of self-respect. We wanted to tell them who they were and what they could do. We believed then—and we believe now—that Blacks needed positive images to fulfill their potentialities."

During his career, Mr. Johnson supported the liberation struggle in Africa and the West Indies. At top, the publisher meets with Kenya Prime Minister Jomo Kenyatta during the Kenya Independence Celebration in 1963. At the 1957 independence celebration in Accra, Chana, Publisher Johnson chats with Prime Minister Kwame Nkrumah. In 1988, the Johnsons Gelowly greet British Prime Minister Margaret Thatcher at the White House.



later, the magazine has a circulation of 1,600,000 and is still the largest circulated Black-owned magazine in the world.

There had been Black magazines before, but none had attracted enough advertising to make them commercially viable. Johnson solved that problem by telling advertisers that it was in their self-interest to use Black models to appeal directly to Black consumers, who constituted, he said, a bigger consumer market than foreign countries like Canada and Australia.

In November 1951, Johnson







started let, which became the No. 1 Black newsweekly and sparked the saying in Black America: "If it wasn't in Jet, it didn't happen." He also published books, bought radio stations and produced TV shows. Another coup for the company was Ebony Fashion Fair, the world's largest traveling fashion show, which is produced and directed by Eunice Walker Johnson. Since 1958, it has raised more than \$51 million for the UNCF and other community scholarship organizations and has made it possible for hundreds of students to attend college.

"It's better to get smart than to get mad. I try not to get so insulted that I will not take advantage of an opportunity to persuade people to change their minds"



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"We intended to highlight Black breakthroughs and pockets of progress. But we didn't intend to ignore difficulties and harsh realities."

In 1973, the entrepreneur created a cosmetics division, Fashion Fair Cosmetics, to meet the need for a complete line of highquality beauty products for a wide variety of skin tones. Fashion Fair Cosmetics is sold in more than 2,500 upscale stores in America,

> Johnson's additional meetings with presidents included conversations with President Gerald Ford (above, left), President Jimmy Carter (above), President Ronald Reagan (left) and (below) with President George H.W. Bush, the father of the nation's current president, George W. Bush.

Africa, Europe, Canada and the Caribbean.

During this period and later, Johnson became one of the pioneer Black directors of major American corporations, serving on the boards of Twentieth Century Fox Film Corporation, the Dial Corporation, Chrysler, Zenith, Conrail, Bell & Howell, Continental Bank, Dillard Department Stores and other corporations. He also became chairman of the board of Supreme Life Insurance Company, where he started his career as an office



HIGH QUALITY CHICKEN is a big part of what makes my days click. because, as every great multi-tasker knows, energy in means energy out, and a real, juicy Premium Chicken Breast sandwich from McDonald's" gives me what i need to stay on top of my game, even if it is just a quick game of tag.

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"Dream small dreams. If you make them too big, you get overwhelmed and you don't do anything. If you make small goals and accomplish them, it gives you the confidence to go on to higher goals."







boy. He served as a trustee of the Art Institute of Chicago, the United Negro College Fund, and the National Conference of Christians and Jews and was on the Advisory Board of the Harvard Business School.

The publisher advised civil rights leaders and presidents. He accompanied Vice President Richard Nixon on a goodwill tour of Africa and served as a Special United States Ambassador for both President John F. Kennedy

During the CMI Rights Movement, Johnson was one of the biggest supporters of the Rev. Martin Luther King Jr. (r.) and his successor (c.) Ralph David Abernathy. Below, the Johnsons are greeted by Chicago Mayor Harold Washington, the city's first Black mayor.



f this story didn't exist, neither The National Bestseller

JOHN H. JOHNSON, founder of *EBONY* and *JET* magazines, rose from the welfare rolls of the Depression to become the most successful Black businessman in American History. Like the man himself, *Succeeding Against the Odds* is honest, brash, inspirational, and truly unforgettable.

Receive your commemorative copy of the JOHN H. JOHNSON FUNERAL PROGRAM, including obituary, order of service and keepsake photos, with the purchase of this book.

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The Autobiography of a Great American

"Should be read by Americans of all creeds and colors who just want to be the best." —Lee A. IACOCCA



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with Lerone Bennett, Jr.

A Great American Success Story.

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| Send to: Book Division, Johnson Publishing Co., 820 S. M. | ichigan Ave., Chicago, IL 60605 | |



and President Lyndon Baines Johnson.

He was a personal friend and supporter of Martin Luther King Jr. and other civil rights leaders, and EBONY, Jet, and Black World played key roles in the Freedom Movement and were pioneers in popularizing African-American history and culture.

In addition to his daughter, who is married to entrepreneur Mel Farr Sr., the Johnson family included a son, John Harold Johnson Jr., a photographer, who died in 1981.





A wide variety of celebrities were frequently in Johnson's presence, either at his offices or in other parts of the world. Die Louis ("the Brown Bomber") autographs (above) some magazines, while (left) the publisher meets with Princess Grace of Monaco in his office. Johnson (below, left) meets with entertainer Josephine Baker (c.), and (below, right) gives entertainer Lena Horne a tour of his offices. Horne was the first person to a poper or an a Roson's cover in color.







Eow's 20th anniversary celebration at the Waldorf-Astoria in New York City was attended by leading celebrities of the day. The publisher (r.) and Mrs. Johnson are joined by (l. to r.) baseball Hall of Famer Jackie Robinson, football Hall of Famer Jim Brown and entertainer Sammy Davis Jr. The Johnson family (below) pose during activities in Los Angeles to celebrate Esony's 50th anniversary.



EBONY • October 2005





The secret of his success, by almost all accounts, was his indomitable tenacity of spirit and his refusal to take no for an answer. When he was refused permission to buy a lot in downtown Chicago because of his race, he hired a White lawyer who bought the land in trust, and he became the first African-American to build a major building in Chicago's Loop.

Defying the odds was his passion. "Failure," he said, "is a word I don't accept."



Johnson frequently hosted some of the biggest names in sports and entertainment, most of whom graced the covers of his magazines. In his office (above), baskethall legend Michael Jordan and his wife, Juanita, visit with the Johnson family. At left, the publisher greets singer Nancy Wilson and the legendary Muhammad Ali, who at one time had graced the cover of EBONY more than any other person. Johnson and daughter Linda Johnson Ricce (below) are joined by actress Halle Berry during activities for EBONY's 50th anniversary.



"There's an advantage in every disadvantage, and a gift in every problem."

In his best-selling autobiography, Succeeding Against the Odds, he said that the message of his life "to Blacks, to Hispanics, to Asians, to Whites, to dreamers everywhere, [is] that long shots do come in and that hard work, dedication, and perseverance will overcome almost any prejudice and open almost any door."







"Education is still the key to success for all people, especially Black people. Education helped me leave the segregated town of Arkansas City. It helped me establish and succeed in my business."



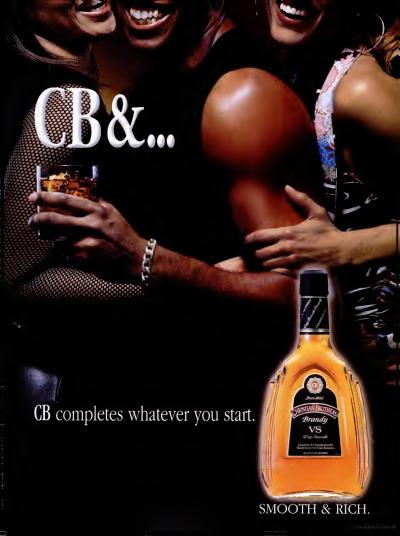






Through the years, celebrities were comfortable in the presence of Johnson, who had a way of making people feel at ease. In photographs (clockwise from top), the Arkansas-born publisher is joined by entertainer Ray Charles, Academy Award-winning actor Paul Newman, poet Dr. Maya Angelou, multitalented entertainer Bill Cosby, and at an awards ceremony, the Johnsons are greeted by musicmaker Quincy Jones (l.) and former Virginia Gov. L. Douglas Wilder.











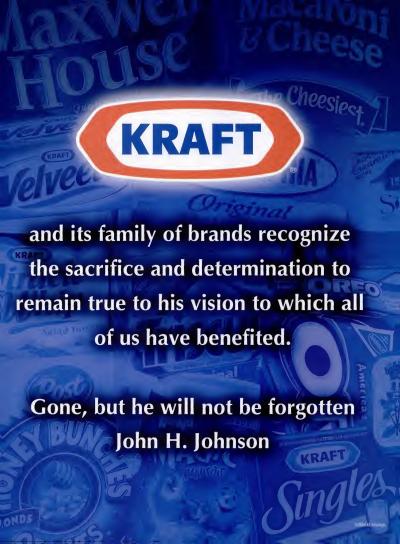


The publisher received many honors and awards during his career, including one (above, left) during "John H. Johnson Day" at Harvard University. In 1998 (above, right), he returned to the campus to receive an honorary Doctor of Laws degree during commencement exercises. At an awards ceremony, Johnson (above) chats with another media giant, Henry Luce. At right, he receives the Spingarn Medal from the NAACP in 1966. In 2003, Baylor University, Hankamer School of Business named Johnson (below) "The Greatest Minority Entrepreneur In History."





"We look for breakthroughs; we look for people who have made it, who have succeeded against the odds, who have proven somehow that long shots do come in."





Institutionalizing the legacy, Johnson addresses convocation at the dedication of the John H. Johnson School of Communications at Howard University and, surrounded by officials, family members and well-wishers, helps open (below and right) the John H. Johnson Cultural and Entrepreneurial Museum in Arkansas City, Ark. Joint product of Arkansas City and the University of Arkansas at Pine Bluff includes a replica (below) of his Arkansas City home.



Entrepreneurial Center Project Relocation/Restoration of

THE JOHN II. JOHNSON HOUSE ARKANSAS CITY, ARKANSAS

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HOMAGE TO 'THE BEGINNER'

By Lerone Bennett Jr.

HE had been reading EBONY all her adult life, "ever since you could buy it for 25 cents," and she had wondered all those years, month after month, about the people who put together the pretty pictures and told the stories of Black people, like her son, who were fighting sin and segregation and doing things Black people had never done before. Then in September 1972, she read a dramatic story in the magazine about the new EBONY building in downtown Chicago, the first building constructed in the Loop by an African-American, and she decided that she had to go to Chicago to see for herself.

She wanted in particular to see "The Beginner," the man who started the

whole thing, the man who moved from idle dreaming and desiring and rapping to reality. So she started saving money for a trip to Chicago. She was 65 or 66 by then, living alone in a senior citizens center in an Eastern city, and she did it the hard way, saving a few dollars a month out of her social security check.

It took eight years and a contribution from her son—greater love hath no subscriber—and on a Wednesday afternoon in 1980 at 3 p.m., she boarded an Amtrak train and traveled all night, arriving in Chicago about 9:30 a.m., and going straight to Johnson Publishing Company headquarters at 8:20 South Michigan Avenue where she asked the receptionist for "The Beginner." There was no such person on the company roster, Did she have an appointment? "No," she said, "but that's all right, honey, I know he's busy, and I'll just spread my things out here in this beautiful lobby and wait."

She waited and waited while relays of editors and executives came to the lobby and tried to reason with her. She smiled sweetly, told them how proud she was to see so many good-looking, well-dressed, well-spoken Black people, adding always, "Don't you worry, honey, I'll just sit here and wait."

By this time word had traveled up to the 11th floor, and Publisher John H. Johnson, who always said that 90 percent of success is knowing when to stop playing games, told his staff to



John H. Johnson Timeline

- JANUARY 19, 1918—Johnny Johnson is born to Leroy Johnson and Gertrude Jenkins Johnson in Arkansas City, Ark., in a "shotgun, tin-roofed house about three blocks from the [Mississippi] River."
- 1926—Leroy Johnson, Johnson's father, dies in a sawmill accident.
- APRIL 24, 1927—A levee in Pendleton, 25 miles from Arkansas City, breaks, causing The Great Flood of 1927, forcing Johnson and his mother to flee to higher ground. Their tin-roof home, however, is spared destruction. The flood affects Arkansas City and parts of seven other Southern states.
- · Gertrude Jenkins Johnson marries James Williams.
- JUNE 1932—Johnson graduates from eighth grade and repeats the course of studies as he and his mother work to earn money for the move to Chicago. There was no Black public high school in Arkansas City, and Mrs. Williams wanted her son to further his adjustion.
- JULY 1933—Johnson and his mother leave Arkansas City for Chicago during The Great Migration of Blacks from the South to the North.
- Johnson attends Wendell Phillips High School, and DuSable High School. He studies hard and reads self-help books by Dale Carnegie and Napoleon Hill. Think and Grow Rich by Hill is one of his favorites.
- 1334—In the Great Depression, both Johnson's mother and stepfather lose their jobs and apply for walfare. The application is rejected because they haven't lived in Chicago long enough. Mrs. Williams sends a letter to President Franklin Delano Rossevelt explaining to him that "... she had a son to support and would be please tell the local authorities to stop playing games." The family's application is approved and the family was on the welfare rolls for two years.
- 1936—Prompted by a teacher, he formally changes his name from "Johnny" to John Harold Johnson to signal his growth into adulthood.
- JUNE 11, 1936—He graduates from DuSable High School with honors, and is the only student speaker at the commencement. The subject of his speech is The Task That Lies Before Us." He was awarded a \$200 scholarship to study at the University of Chicago, but that was not enough to pay for a full year of study.
- At Chicago Urban League luncheon for outstanding high school students, Johnson meets one of the main speakers, Harry H. Pace, president of Supreme



prepare a 12-star lunch in the executive dining room and to put the lady in the place of honor. At 12 noon, after top executives and editors had assembled, he walked into the room, and The Wise Woman from The East leaped to her feet, and said, with tears streaming down her cheek:

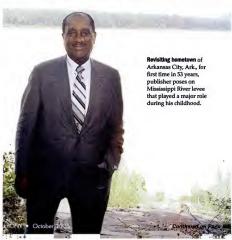
"At last! Finally! The Beginner!"

It was love at first sight. She asked him how he got started and why he had succeeded when so many before him had failed, and the publisher, who had a special place in his heart for tough-gentle Black mothers who couldn't be blocked or stopped by anything, answered in rich detail. They talked nonstop for more than an hour, and he personally escorted her on a tour of the building. He wanted to put her up overnight at the Hilton and send her back home in the first-class section of a commercial airliner. But she refused. She had bought a round-trip senior citizen ticket and she wasn't going to waste the return stub.

She rode to the train station in a big black company car, loaded down with gifts, autographed copies of books, a travel reimbursement, and a big donation for her church.

The last we saw of her, she was leaning out the window of the car, looking up at the top stories of the Johnson Publishing Company building, and it seemed at that distance that her lips were moving, as if in prayer.

Twenty-five years later, when I visited Mr. Johnson in the hospital, we talked about the day the lady came from the east to visit and to praise. Two weeks later, he was dead, lying in state in the Johnson Publishing Company lobby in the first of a series of funeral ceremonies reminiscent of the farewell eulogies for a head of state; and as I passed the African Mahogany coffin, I was reminded again of the traveler who saved money for eight years for a trip



In memory of

John H. Johnson

from the employees of Peoples Energy

"...our grandest voice"

"...he gave us hope and fortitude to strive for the best that life had to offer"

"...he loved, respected and revered his people and never feared letting the world know it"

"...an integral part of African American culture"

"...throughout my college years, it was racial pride that inspired me to post the front cover of the magazines on my dorm room wall"

"...at a time when the mainstream media offered, few if any, meaningful or positive images of Black America, Ebony and Jet helped to fill that void "

"...through his publications, we learned not only about who we were, but who we could aspire to be."



Libarry Lifa Insuranca Company, tha biggest Blackowned business in the North. Pace encourages tha young graduata to consider working part-time and attending school pert-time.

- SEPTEMBER 1, 1936—Pace offers Johnson a job and he begins work as en office boy at Supreme, aarning S25 a month while attending the University of Chicago part-time. He later takes night classes at Northwestern Univarsity.
- 1939—Johnson becomes editor of Supreme's monthly newspaper, The Guardian.
- 1940—He meets Eunice Walker at a dance at Bacon's Casino at 49th and Wabash in Chicago.
- JUNE 21, 1941—He marries Eunice Walker—a graduate of Talladega College and Loyola University—in Salma, Ala. To save money, the newtyweds spend their honaymoon driving back to Chicago.
- 1942—Impressed with Johnson's work on The Guardian, Pace asks him to read through different magazines and newspapers and compile a weekly digest of major news tams on Black America. There were no commercial Black magazinas highlighting Black culture and achievement, and he dacides to create a monthly digest to fill the void.
- Refused a loan at the First National Bank of Chicago, Johnson applies at the Citizens Loan Corporation, which asked for collateral. He asked his mother to lat him use her new furniture as collateral for the loan. After days of grave, she agress and he receives the \$500 loan, which was the historic foundation on which he constructed a multibillion-dollar publishing and cosmetics empire.
- NOVEMBER 1, 1942—Johnson's first major magazine, Negro Digest, is published and Johnson
 Publishing Company, Inc. is astablished in Earl B.
 Dickerson's law library on the second floor of the
 Suprema Lifa building at 3501 S. Parkway (now Dr.
 Martin Luther King Drive).
- JULY 1943—In order to focus more on Negro Digest, Johnson takas a laava of absance from Supreme and hires his first full-time employee, a secretary.
- OCTOBER 1943—Negro Digest is doing wall but is stucked a circuitsion of 50,000, and Johnson knows he needs to do something quickly to bring the numbers up. After persistently writing letters and sanding telegrams to first lady Eleanor Hooseavelt, he persuades her to write an article in the popular Nagro Digest series; "II Wars A Nagro." The feature boosted circulation from 50,000:10 100,000 overright and ansured the success of the megazine.
- Johnson purchases a new home for his company for \$4,000—a small storefront building at 5619 S.
 Stata Streat.



to The Land of The Mountaintop Climbed, The Land of the Dream Realized. For she was, like me, a student of history and we both agreed with Ralph Ellison who said that the end is in the beginning and lies far ahead.

And when people come 50 years from today, 100 years from today, to put down the names of the beginners who served our times and time best of all, John H. Johnson will be remembered for a number of reasons.

He was, as almost no one has noted, a Black businessman running against the wind who ran a business for 63 years, for 756 months, for 3,276 weeks, and never missed a pay period, never missed publishing an issue, and never asked for a penny from the government or a foundation. If he had done nothing else, this would give him a claim on our attention and our love.

He changed the color and content of American media and virtually invented the Black Consumer Market. He was the first publisher to persuade Madison Avenue and major advertisers that it was in their interest to use Black models and Black media to appeal directly to Black consumers, who had, he said, a gross national income larger than the gross national incomes of many developed countries. When he started championing that idea, the Black Consumer Market was \$15 billion. Today, it is a \$660 billion market, and African-Americans have a gross national income larger than countries like Sweden, Mexico and Australia.

He almost single-handedly created what had never existed before, a Black Media Class, bold, self-conscious, and trained not in journalism schools but at the University of Johnson Publishing Company. In the process, he created the foundations of the Black magazines and Black media stars of today. Among the pioneer graduates of UJPC were advertising and circulation specialists like William P. Grayson, LeRoy Jeffries, Sylvestre Watkins, Willie Miles Burns, Isaac Payne, Robert Fentress,





- 1945—Because of paper restrictions during World Warf II, the young publisher receives a letter from the U.S. War Production Board saying, "You are in violation of Regulation 1-244, You ere hereby ordered to cease and desist publishing the megazine called Negro Digest until you reduce your paper usege to your allotted 7-43 tons per quarter." He faces a major crisis. If he reduces his paper usage, he will best the business. So he goes—writout a lavyer—to the War Production Appeals Board, pleads his case and wins.
- NOVEMBER 1945—He launches EBOW, a general interest magazine, organized around words and pictures. He consults his wife, who suggests the name "ebony," which means a fine, black African wood.
- MARCH 1946—First four-color cover of EBONY featuring Lene Home hits the newsstands. The issue sells 275.000 copies.
- 1947—Johnson convinces Zenith Electronics Corporation to advertise in his magazines, a move that opened the door for other advertisers. He was the first publisher to convince Madison Avenue and major corporations to advertise in Black media.
- 1989—Johnson created his first major headquarters building by buying a funeral home at 1800. S. Michigan Ave. for SS2,000. When the former owner refused to sell to him because of his race, he hird a White laweye, Louis Wilson, who bought the property in trust so the real owner would not have to be identified. He spant S20,000 renovating the building and created the first of several showplace Johnson Publishing Co. Offices.
- NOVEMBER 1951—He launches Jet, e pocketsized weekly newsmagazine. The first issue of Jet costs 15 cents and features Edna Robinson, wife of boxing champion Sugar Ray Robinson.
- 1951—He is named one of the "Ten Outstanding Young Men of the Year" by the U.S. Junior Chamber of Commerce.
- 1955—Johnson publishes photographs of Emmett Till in Jet. The Jet photographs shock the nation and helped create the climate that launched the Freedom Movement. Till, a 14-year-old Chicagoan, was lynched and beaten beyond recognition by a mob in Mississippi for allegedly whistling at a White woman.
- 1955-1968—Esony, Jet end Black World play major roles in covering the unfolding Freedom Movement. In response to the currents of the age, the publisher revived Negro Digest and renamed it Black World.
- 1956—John H. Johnson and his wife, Eunice W. Johnson, edopt their first child, John Harold Johnson, Jr.
- 1957—Johnson and other luminaries, including Martin Luther King Jr., attend the Ghena



Lincoln Hudson; editors like Robert E. Johnson, Edward Clayton, Herbert Nipson, Era Bell Thompson, Allan Morrison, Clotye Murdock, Simeon Booker, A. S. (Doc) Young, Gloria Sylvester, Hoyt Fuller, Charles L. Sanders, Hans J. Massaquoi, Alex Poinsett, and the current Ebony managing editors, Walter Leavy and Lynn Norment, and the current managing editor and senior editor of Jet, Malcolm West and Sylvia Flanagan, respectively, and artists like Leroy Winbush, Vincent Cullers, Herbert Temple, Norman L. Hunter and Ebony's current creative art director, Raymond A. Thomas.

Since EBONY was founded in 1945, the magazine has hired, nurtured and paid more Black photographers—including pioneer photographers like David Jackson, Maurice Sorrell, G. Marshall Wilson, Vandell Cobb and James Mitchell—than any other magazine, and it is still true that Johnson publications hire more Black photographers and pay more freelancers, Black and White, for more photographs of Black people than anybody else. It is no accident that the first Black photographer to win a Pulitzer Prize for photography—Moneta Sleet Jr.—came from EBONY-Jet, not Time-Life.

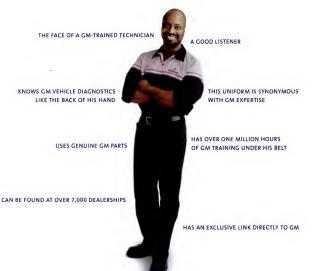
He was a great publisher period. People say he was a great "Black" publisher, and we know what they mean, but it is my unbiased, objective opinion that considering the depths from which he came and the heights he climbed and the obstacles he overcame, he was the greatest of all publishers, Black or White.

He came up from the Delta, up from segregation, up from integration, and history, which loves irony, made him the greatest living example of the American Dream. When he returned to his hometown of Arkansas City, Ark., for the first time in 53 years, Blacks and Whites turned out to honor the greatest individual produced in that area. Johnson said later, "The people, Black and White, came out to see not a man, not a personality,

Entrepreneur of the Decade award was presented to Johnson in 1987 by Black Enterprise Publisher Earl Graves (L) and David N. Dinkins, then-president of Manhattan Borough.



Mr. Goodwrench IS MUCH MORE THAN JUST A NAME



Independence Ceremonies, which marked the opening of the African Revolution.

- Johnson accompanies Vice President Richard M. Nixon on a special goodwill tour to nine countries in Africa.
- 1958—The Johnsons adopt a second child, Linda
 Funice Johnson
- The first Ebony Fashion Fair Tour, featuring four models, is presented in 10 cities. The first show is produced at New Orlean's Booker "Weshington High School in response to a request from Ernestine Dent (wife of then-president of Diligid University, Albert Dentl, who asked Johnson Publishing Co. to sponsor a charity fashion show for Finit-Goodrige Hospital in New Orleans. The venture grew and became the world's largest traveling fashion show. Since 1958, the Ebony Fashion Fair Show, under the direction of Eunice W. Johnson, and sponsored by different community organizations, has raised more than SS1 million for charitable causes, including the United Negro College Fund.
- 1959—Sensing a growing interest in Black history and culture, Johnson launches a book division.
 Before the Mayflower (1962) by Lerone Bennett Jr.
 was one of the first books published by the new division.
- Johnson accompanies Vice President Nixon to Russia and Poland.
- 1961—President John F. Kennedy appoints
 Johnson as Special United States Ambassador to
 the Independence Ceremonies of the Ivory Coast.
- 1953—Johnson personally leads large press contingent from Chicago, New York, Los Angeles and Washington, D. C., offices in covering the historic March on Washington. The Johnson Publishing Co. contingent was one of the largest press groups represented at the march.
- President Lyndon B. Johnson appoints Johnson as the Special United States Ambassador to the Independence Ceremonies of Kenya.
- 1966—President Johnson appoints Johnson to the National Selective Service Commission.
- He receives the Spingarn Medal, the highest honor of the National Association for the Advancement of Colored People (NAACP).
- He becomes the second Black person to receive the Horatio Alger Award, presented to outstanding Americens for "pulling themselves up by their bootstraps" in the American tradition.
- 1970—President Nixon appoints Johnson to the President's Commission for the Observance of the 25th Anniversary of the United Nations.



but a dream and a faith. They had perhaps doubted the dream in their heart. They had said perhaps that it no longer worked. They came on this day to see with their own eyes that it could still happen and that it could still happen to a boy from Arkansas City. And if it could happen to a Black boy from Arkansas, it could happen to anyone anywhere."

In one generation, Johnson moved from the welfare rolls of Chicago to the rolls of the Forbes 400 list of richest Americans. He used to say that "going first-class is the best revenge." This had nothing at all to do with money. It was a part of his operating philosophy. It meant, among other things, going with class and style.

He was a major benefactor of the Freedom Movement. He gave more money quietly to civil rights leaders than any one else I know. He was one of the largest contributors to Chicago Mayor Harold Washington's campaign, and his magazines ran more major stories on the King Movement than any other major magazine, which is why Martin Luther King Jr. wrote a monthly column for EBONY, something no other magazine can say.

I had the honor of working for him for 52 years, and what I remember most vividly today is the electricity of the one-on-one times we shared coffee hours and the months we worked on Succeeding Against the Odds. He used to talk about great entertainers like Muhammad Ali, Redd Foxx and Sammy Davis Jr., who didn't forget EBONY when they got over and—litmus test—who always gave EBONY equal time with White media. And it may interest some people to know that he believed that Mary McLeod Bethune, who considered him "one of her boys," was one of the most beautiful women he had ever met. "She didn't look glamorous," he said, "but when she walked into a room and opened her mouth, everybody in that room felt her beau-

Young publisher in 1966 was the second Black after Ralph Bunche to receive the coveted Horatio Alger Award, presented to outstanding Americans for pulling themselves up by their beater there in the American trigid.





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* 1971—Seaking a downtown location, he launchas a search for sizes. His wife finds a vacent lot on Michigan Avenue, but the owner refuses to sell to him because of his race. He hires the same lawyer he used to but yet feureral home location to but yet lot in trust. He later became the first African-American to construct a major building in Chicego's Loop. The company moved into the all-elactric building in December 1971.

MARICH 18, 1971—Johnson is named to the board of twentieth Century Fox film corporation and becomes one of the first African-Americans to serve on the board of a major American corporation. Ha also sarved on the boards of The Dial Corporation, Chrysler, Zanth, Conrail, Bell & Howell, Continental Bank, Dillard's Department Stores, and was on the Advisory Board of the Harverd Business School.

MAY 16, 1972—Mayor Richard J. Daley and corporate leaders joined the publisher and his family at the addication of the Johnson Publishing Co. haad-quartars, the first major structure created by a Black man in downtown Chicago since the city's Black founder, Jean Baptiste Pointe DuSable, constructed his trading post by the Chicago River in the 1770s.

 The Magazine Publishers Association names Johnson "Publisher of the Yeer" and gives him the Hanry Johnson Fishar Award.

 1973—Johnson creates a cosmetics division, Fashion Fair Cosmetics, a complete line of highquality beauty products for a wide variety of skin tones. Marshall Field & Co. was the first major retailer to carry Fashion Feir in its cosmetics depertment.

 He launches WJPC-AM, Chicago's first Blackowned redio station.

 He releases the first issue of EBONY Jr., a magazina targeted for readers batwaan the ages of 6 and 12.

 1974—The National Newspaper Publishers
 Association names Johnson the "Most Dutstanding Black Publisher in History" and gives him the Black Sesquicentennial Award.

• 1975—The first JPC-TV production makes its dabut with *The EBONY Music Awards*.

• MAY 1, 1977.—The publisher's mother, Gertruda Johnson Williams, wice president of Johnson Publishing Co., dies at the ege of 85. Her office on the sixth floor of the company headquarters remains exactly the way it was on the day she died. Johnson left instructions that it is to ramain that way as long as "Johnson Publishing Company lives."

• 1978—Ha launchas another production with JPC-TV, The American Black Achievement Awards, the first American television show to honor Black excellence in the arts, business, public service, religion, as well as athletics and entertainment.



ty and radiance."

And he never stopped talking about his mother, Gertrude Johnson Williams, who taught him to believe in himself and to dream and to dare. He talked to her on the phone every day of his adult life. He called her from Russia, from Paris, from London. One day in Haiti, he climbed a telephone pole to make his daily call. The people laughed at him, but she understood, and history understood.

Beyond all that, he was an American original who established an original relation with media and people and who spoke to the people at a level beyond polls and focus groups. And the masses of Black people knew him and loved him not because of the money, not because of the awards but because he was, in Gwendolyn Brooks' terms, the real thing. He loved to push heavily-laden carts down supermarket aisles, and shocked customers were always stopping him and saying. "You got all that money, why don't you pay somebody to shop for you?" And he always replied, "What's money got to do with it? I love to shop."

After his death, wave after wave of love surged up from the deepest levels of the people, who said in one voice "Amen!" "Hosanna!" "Hallelujah!" "Right On!"

People called from all over, saying, among other things, that they had stacks of old EBONY magazines in their kitchens and homes and that when they heard the news they created personal memorials in their homes. One Sister told me she was sitting on the floor in her living room, surrounded by old copies of EBONY, and that she was laughing and weeping and shouting. My aunt called, crying, saying that she, like millions of other readers, had crossed over troubled waters with EBONY and John Johnson and that she loved him because "he put our picture in a beautiful magazine."

And when he died on the 60th anniversary of EBONY, which has been the largest Black magazine in the world for 60 straight years, he still believed in the silent power of the possible. Having turned over day-to-day operations of the company to his daughter, President and CEO Linda Johnson Rice, and having refused to sell out to multinational corporations—"I'm looking for some White corporations to buy," he told one suitor—he said shortly before his death that EBONY, which has successfully negotiated more changes in the last 60 years than any other magazine, and which has moved with its audience from "Negro" to "Black" to "African-American," and from the jitterbug to the Twist to rap and hip-hop, was in the best position to deal with the new winds and trends in the media field.

What advice did he have for young people starting out today?

"I would tell them," he said in his last major interview, "to start where they are with what they have and that the secret of a big success is starting with a small success and dreaming bigger and bigger dreams. I would tell them that a young Black woman or a young Black man can't dream too much today or dare too much if he or she works hard, perseveres and dedicates themselves to excellence. For it is still true, and has always been true, that there is no defense against an excellence that meets a pressing public need."



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- DECEMBER 20, 1981—John H. Johnson Jr. dies at the University of Chicago's Wyler Children's Hospital of complications from sickle-cell anemia at the age of 25.
- 1982—Johnson launches a new weekly syndicated show called *The EBDNYJET Celebrity* Showcase hosted by WJPC-AM program director and disc jockey Tom Joyner. It is the nation's first Black celebrity interview show.
- Forbes magazine names Johnson, with a reported net worth of \$100 million, one of the 400 richest Americans.
- 1985—Johnson introduces another magazine, EM or EBONY Man, featuring articles on men's fashions, grooming and fitness.
- 1986—For the first time in 53 years, Johnson visits his hometown of Arkansas City.
- 1987—Black Enterprise magazine names Johnson "Entrepreneur of the Decade." In this same year, he is inducted into the Black Press Hall of Fame and the Publishing Hall of Fame.
- JANUARY 1988—He receives the "Salute to Greatness Award," the highest honor of the Martin Luther King Jr. Center for Nonviolent Social Change.
- The United Negro College Fund gives him the Harold Hines, Jr. Benefactors' Award.
- 1989—Johnson tells his life story in his autobiography, Succeeding Against the Odds: The Autobiography of a Great American Businessman, with Lerone Bennett Jr., published by Warner Books Inc.
- The PUSH Foundation honors him with the International Humanitarian Award.
- 1990—Johnson is inducted into the Chicago Journalism Hall of Fame.
- 1992—The United Nations Children's Fund gives him the Africa's Future Award.
- 1993—Dow Jones and The Wall Street Journal give Johnson the Dow Jones Entrepreneurial Excellence Award.
- 1995—Johnson launches EBONY South Africa, which was discontinued in 2000.
- + 1996—Presidents Bill Dinton awards Johnson the Presidential Med al of Freedom, the highest civilian honor in the United States of America, saying: "He gave African-Americans a voice and a face, in his words a 'new sense of somebody-ness,' of who they were and what they could do, at a time when they were virtually invisible in mainstream American culture."



"When I think about Mr. Johnson, it's amazing that his concept for a magazine like EBONY was conceived [before] the Civil Rights Movement, and to think that he had the fortitude to erect a magazine for Black people and about Black people to celebrate our way of life is really huge. When you realize he had the forethought to do that at that particular time, you realize just how incredible the feat was—and how incredible he was. It's sad that he won't be with us any longer."

-HALLE BERRY

"John Johnson was in his early 20s when he asked his mother for \$500 collateral on her furniture. I wonder where that furniture is today. It would be worth more than the furniture in the White House and Buckingham Palace put together."

> —President WILLIAM JEFFERSON CLINTON, 42nd president of the United States

"Mr. Johnson was a pioneer who was way ahead of his time. He was very bold and determined, and just a great leader who I don't think has been recognized the way that he should have. Needless to say, he was a great man who taught so many of us so much just by sharing our world with us."

-DENZEL WASHINGTON

"John Harold Johnson squeezed more out of his minute than anybody else I know. Like many of us, he was born just a bundle of possibilities in the hands of Almighty God. But he left here a masterpiece of magnificence. He was an authentic American hero."

-TAVIS SMILEY



The tub and shower go from zero to sparkling in record time. Designed to clean.

- 1997—National Junior Achievement honors him with the National Business Hall of Fame Award.
- 1998—He receives an honorary doctorate from Harvard University, just one of the many honorary doctorates he received.
- 2001—He is awarded the Arkansas Business Hall of Fame Award by the Sam M. Walton College of Business Administration at the University of Arkansas
- 2002—Johnson names his daughter, Linda
 Johnson Rice, the president and chief executive
 officer of Johnson Publishing Co., but retains the
 titles of chairman and publisher.
- * He is awarded the prestigious Trumpet Award by the Turner Broadcasting System. Johnson is saluted with the Vanguard Award for consistently achieving excellence and enhancing the quality of life for all Americans through his company.
- 2003—The John H. Johnson School of Communications is dedicated at Howard University.
- The Hankamer School of Business at Baylor University named him "The Greatest Minority Entrepreneur in History."
- . He is inducted into the Advertising Hall of Fame.
- 2004—He is inducted into the NABJ Hall of Fame at the National Association of Black Journalists Unity 2004: Journalists of Color Convention in Washington.
- MAY 2005—Johnson returns to Arkansas City hometown for the last time for the opening of the John H. Johnson Cultural and Educational Museum. The museum includes a replica of his childhood home, and is located just four blocks from the actual tin-roof home in which he grew up.
- AUGUST 8, 2005—John H. Johnson, a media mogul, legend and pioneer, dies at the age of 87 at Northwestern Memorial Hospital in Chicago on the 60th anniversary of Eeony magazine.
- AUGUST 15, 2005—Johnson's life is celebrated and remembered before a crowd of family, friends and political, media and business beaders at Rockefeller Memorial Chapel on the University of Chicago campus Illinois Gov. Rod Blagojevich declares this "John H. Johnson Day" in the state of Illinois.

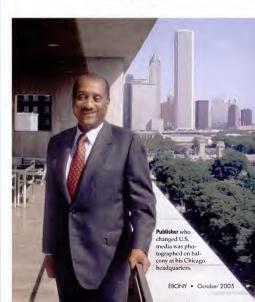


"John Johnson had the vision of a William Randolph Hearst and the perseverance of the legendary hero, John Henry. With his gifts, he introduced an entire race to the beauty and the brilliance they already had. Through his magazines, we learned that we were poets and plumbers and preachers and pundits.

With the help of his wife, Eunice, we learned that we were beautiful, chic, glamorous and irresistible. With the help of his daughter, Linda Johnson Rice, we saw generational support and we learned the fruit does not fall far from the tree.

We have lost a hero, but we have gained a legend."

-Dr. MAYA ANGELOU













































Living the

life for 60 years











































BEAUTY & STYLE

101

Back-to-school fashion guide

Name: Amanda Look: URBAN CHIC THREADS: True Meaning ja

THREADS: True Meaning jacket (Dillards); Bejeweled tank; TuTu Cute denim skirt; Antonio Melani "Stacey" fudge leather tailored boots (Dillards) ACCESSORIES: Fashion Doll hat, purse;

teardrop chandelier earrings (*All jewelry by Emitations.com)
SCHOOL TOOL: HP 39g+ graphing calculator

Name: Tressa Look: PREPPY

THREADS: LSO Designs striped blouse, matching corset;

black leather pants (Wilsons Leather); Gianni Bini "Joely" black leather boots (Dillards) ACCESSORIES: Kelli's 7.5 CZ bracelet; Aliessa's round

silver hoop earrings, Moore narrow drop pendant* SCHOOL TOOL: Logitech wireless keyboard



Heading to Class

T lunchtime, nearly every college campus in the land becomes a runway. Whether the students' styles pay tribute to East Coast flava, West Coast spirit. Midwest soul or Down South charm, it's a fact that no two college divas dress alike. Here, Dillard University students showcase various fall looks to inspire vour back-to-school wardrobe.

Name: Rachelle Look: BOHEMIAN

THREADS: Teal jacket (K-Mart) Butterfly Dropout vellow shirt BabyPhat evergreen shirt Bejeweled skirt; Gianni Bini "Wyatt" western boots (Dillards) ACCESSORIES: Fashion Doll "BoHo Hobo" bag Simona's Mesh Gold metal diamond earrings* SCHOOL TOOL: Mead Brights notebook (Wal-Mart)

Name: Melissa Look: NUBIAN PRINCESS

THREADS: LSO Designs black tank; Jovani skirt ACCESSORIES: Rayanne black lacquered wooden bangles* Teresina gold disc ring* Lady Amazonia gold leaf necklace* Mossoro gold leaf dangle earrings* SCHOOL TOOL: Nike swoosh portfolio by Mead (Wal-Mart)



Campus Chat

Name: Tiffany Look: URBAN SUBURBAN

THREADS: LSO Designs soft denimlook outfit Butterfly Dropout hot peach top

ACCESSORIES: BabyPhat 18-kt.
White gold and diamond hoop earrings

Name: Monica Look: MIDWEST HIP

THREADS: Multicolored

suede-patch poncho (Wilsons Leather) & Company couture jeans (Dillards) ACCESSORIES: Diamond-shaped drop earrings*

Name: Ashley Look: HIP-HOP GODDESS

THREADS: BabyPhat Denim and tweed miniskirt set Fashion Doll Chocolate/aqua hobo bag, neck sash

ACCESSORIES: Chima's jeweled wood bangle bracelet*

BEAUTY & STYLE





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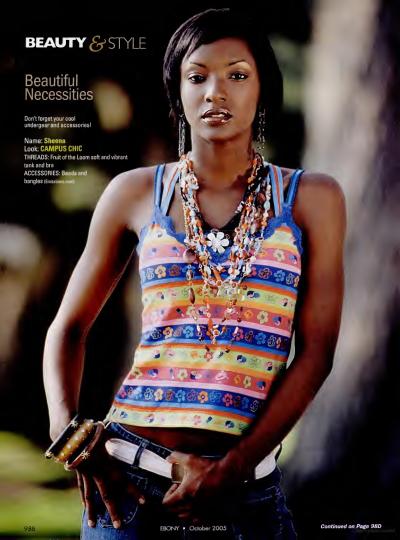
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3. Bohemian

Part social studies student, part social butterfly, the Bohemian diva is bound to bring sunshine to any room she enters. She's fond of every color of the rainbow, and in many cases will wear them all in the same outfit! The Bohemian is known for perusing the upscale second-hand stores to find that vintage Chanel bag for under \$100; or she may just as easily shop at her neighborhood department store to buy unique pieces right off the rack. She's not consumed with spending major dollars on brand-name items; she doesn't dress to impress, instead she impresses when she dresses.

4. Nubian Princess

You are a proud Sister influenced by the Motherland and you love to hold your head high with your fashiors. Never will you be caught wearing an outfit that doesn't flatter you from the top of your gorgeous natural crown to the tip of your toes. You adore genuine articles from the African Diaspora, but you're also fond of bold colors (red and orange hues seem to be your favorite) that are known to stop traffic whenever you appear before your loyal subjects!

5. Midwest Hip

Your warm, down-to-earth personality can sometimes be affected by the cold Midwest weather, so you tend to bundle up during the cooler fall months. Your style isn't under wraps, thought you crave colorful suedes and leathers, and warm cashmere sweaters in rich, vibrant colors that get noticed under those layers! When you're going out on the town, you have that favorite form-fitting black dress, black riding boots and fur jacket that you like to wear. You have more jeans than you'd like to admit, and no two pairs fit the same.

10 CAMPUS STYLES Which Diva Are You?

Clothes may not make the woman, but they surely give insight into her personality. When a young woman leaves home for college her personal fashion style begins to emerge and take shape. Before long, even her parents might not recognize her. Do you know what your fashion sense is saying about you? The following are 10 top campus styles and what they mean. Look closer—you may see yourself.

I. Urban-Chic

Your definition of style may be shaped by the fashion books or runway looks, but truthfully, you also dig deep from within to express yourself. You love to experiment with different fabrics, yet funky high-heeled boots in the fall and gorgeous strappy sandals in the spring are a mainsty in your wardrobe. You love the high-end look, but you're shrewd enough not to pay top-dollar to achieve it.

2 Prenny

You likely come from really old money, or at least you dress the part. Your wardrobe may be tailored, or you may have a database of personal shoppers. Your style of dress is classic and refined. Your wardrobe is an investment, and only the most impeccably styled items will do.



Majestic new book outside. Some great light days inside.



Kotex fits, Period.



Elegant new look outside Same fab maxis inside



Kotex fits. Period.

9. Casual Flirty

You may not wear your Sunday best, but you do want to be noticed when you walk by. Your slacks are hip-huggers or fitted, your skirts are filirly and your tops are cut a bit low. You are especially careful that your threads are comfortable for the school activities at hand. (Read: You wouldn't dare wear heels to a football game, unlike that Urban-Chic diva!) You adore soft, eye-catching colors like perivinikle, rose and teal because you aren't to be mistaken for "one of the guys."

10. Campus Chic

You're a campus chameleon; you wear what is popular, but you're not a copycat. You may be a Bohemian diva one day and a buttoned-down sophisticated woman the next. No one can predict what you're going to wear, because you dress according to how you feel. You're also known for changing your outfits at lunchtime—you can't be caught wearing the same thing between your morning and afternoon classes! Because of this fashion serve, of all the divas listed here, you're the one most likely to be found in the laundromat every Saturday morning with 10 loads of clothes!

6. Hip-hop Goddess

You're the Sister who makes hearts sing when you bounce on the scene. You're fond of wearing couture urban labels, and you take pride in spending a lot of money on your wardrobe. Designer knockoffs are a major sin. From high-end threads to one-of-a-kind jewelry and accessories, you're always ahead of the curve when it comes to hip-hop music and fashion.

7. Casual Sophisticated

You don't need to be in a business suit to let them know that you're all about the business. You adore long skirts with wiggle room, black or brown leather parts that show you've been to the gym and you have more conservative blouses than Judge Mablean of Divorce Court. Tattered jeans and slogan T-shirts are against your (fashion) religion.

8. Casual Chilling Out

You've mastered the fine art of dressing down without looking downand-out. Your casual look may consist of a crisp cotton blouse, a pair of corduroys and low-heeled boots, or perhaps your favorite jeans, gym shoes and a school jersey. You can wow them all with your threads if need be, but for the most part, your laid-back personality gets all the rave reviews you'll ever need.



Happy new look outside Same amozing Socurity tampons inside



98F

EBONY Celebrity Beauty Of The Month

Being an actress sometimes calls for wearing long, flowing extensions that can take a toll
on your hair and skin. But actress Shondrella
Avery doesn't let hair weaves and wigs get the
best of her. "My break outs aren't that many,
but if so, it's usually fine little irritation bumps
from unconditioned hair..." says Avery, She
keeps her skin looking oh, so fresh on the set
of UPN's Cuts by exfoliating twice a week.
Avery also can be found showing off that glowing skin in a new film, Domino, hitting the theaters this Thanksqiving.

HER STYLE ... your way

To keep your skin clean and your hair soft, try Hidden Beauty Foaming Facial Cleanser by Fashion Fair Cosmetics and Garnier Fructis Sleek & Shine hair products.

BEAUTY & STYLE

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GETTING TO THE POOT

hair care for sisters

"As a police officer, I must wear my chin-length, permed hair in a conservative style, so for the past two years I've been wearing it pulled back into a ponytall, on and off the job. I like the convenience of my ponytall, but I no longer feel attractive. What neat, easy, feminine styles should I try?"

-My Little Pony-tail Addict, St. Louis



A ponytail can be say if you know how to vot it. If you want to gradually change your hairstyle, you can purchase a clip that has hair attached: it's just as a simple as wearing a ponytal and yet it changes your style instantly and dramatically. Clips will make your existing ponytail look longer and much more firty and ferminine when you'r existing ponytail look longer and much more firty and ferminine when you'r can sew the clips not be your antural hair so that they stay in place. When you're tired of the hair clips, shake out that ponytail and it you sen fait thistic or braids.

-April Love, founder, Looks of Love hair salon and TV series



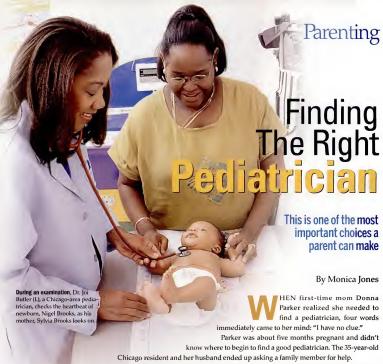


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It's not unusual for many soon-to-be, first-time parents to find themselves in a similar situation. Finding a good doctor for yourself is confounding enough, but finding one for your child may be even more difficult, especially if you are a new parent. Unfortunately, many overlook the urgency of locating a physician to take care of a child's medical needs until he or she is born.

There are Web sites, directories and tons of advertisements offering to help you find a doctor. But with so many doctors to choose from, it's difficult to determine which one will be best for you and your child.

While the thought of looking for a pediatrician may seem daunting, it doesn't have to be. Most medical experts suggest that the earlier you start looking for a pediatrician, the better. The search should begin at some point during the first three months of pregnancy, suggests Winston Price, M.D., president of the National Medical Association. "Things can be very stressful for the parent during the second and third trimesters," he says.

It is critical for African-American parents to find a pediatrician early in the pregnancy because of the high number of premature deliveries in the Black community. In 2002, 17 percent of African-American babies were born premature, according to the National Center for Health Statistics. "It's good to have that pediatrician on board learly Is of there is a premature delivery, there is someone with whom the parent already has developed a trusting relationship," advises Dr. Price.

Before you begin your search for the right doctor, you should make sure your infant has health insurance once he

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During regular checkup, Dana Williams (I.) observes while her 3-year old daughter, Mozelle Williams, is examined by Dr. Lillie Mae Williams, a pediatrician in Compton, Calif. Medical officials say parents and children must be comfortable with the physician.

PARENTING Continued

or she is born. "I've seen people stuck with having their child uninsured for the first six months or
nine months because they missed
the window where they had to
enroll the child," says Dr. Icy
Cade-Bell, general pediatrician
and assistant professor of pediatrics at the University of Chicago.
Talk with your health insurance
company to find out what steps
you need to take to insure your
infant—before he or she is born.

You also should ask your insurance company for a list of pediatricians who are registered with your health-care plan, advises Dr. Cade-Bell. Pediatric care can be very costly. Regular office visits can range from \$50 to \$75 per visit, and emergency room care is even more costly.

Once you've gotten the list of doctors from your insurance company, you should use one of

the most recommended ways of finding a good pediatrician—word of mouth. Ask other parents, friends, family and people you know and trust. Once you have compiled a list of referred doctors, you should check to see if a recommended pediatrician is on your insurance company's list.

Narrow your list to a handful of prospective pediatricians. Dr. Renée Jenkins, chair of the department of pediatrics and child health at Howard University, says that in her 20 years of practice, she's had only one parent to interview her before making a final selection. "We'd like to encourage more parents to do that [interview] and come in with their questions before they even have the baby," she says.

Medical experts say physicians don't mind being interviewed and may not charge you for the visit. You also have the option of doing EBONY • October 2005 a telephone interview or a face-toface interview. You should opt for the latter because it provides an opportunity to get a feel for the physician's personality and style, and you can observe the office environment. It also enables the parent to chat with the staff and other parents who already use that particular physician. In addition, go prepared with a list of questions that you want the doctor to answer.

In making the final decision, you should consider your needs well as your child's needs. Keep in mind that your decision may be a gut reaction. You may immediately know when you meet a doctor if he or she is right for you and your child. Also keep in mind that if you choose a physician and later determine that he or she is not the right fit, you can always find another doctor.

A pediatrician will play a very

Continued on Page 98L



Cottonelle. Looking out for the family.



PARENTING Continued

critical and valuable role in your child's health-care needs, from the time the child is born until he she is much older. Since the physician will be seeing your child through some very crucial developmental stages of life, you want to make sure you get a pediatrician with whom you will be comfortable for some time. "I always tell [parents] that they need to be as comfortable with me as a person as they are with me as a physician," says Dr. Sandra Robinson, a pediatrician in New Orleans. "Because when risks [emergency situations] come, you have to be comfortable with the person."

Questions To Ask When Interviewing a Pediatrician

Not exactly sure about what you should ask a prospective pediatrician for your child? Here are some questions you should have on your list:

- Where did the doctor get his or her medical training? Although a degree from a big-name college or university is no guarantee of the level of competency, it is good to know where your physician has received his or her training.
- 2. Is the physician board-certified? While not a mandate, board-certification is becoming the norm. A board-certified physician is one who is certified by one of the American Boards of Medical Specialties or Subspecialties. There are 24 boards recognized by the American Board of Medical Specialties and the American Medical Association. A physician who is board-certified has gone through

extra testing and evaluation with one of the 24 boards. It also assures you that a practitioner has successfully completed his or her medical degree and residency requirements.

- At which hospital does the doctor have practicing privileges? You may find a great pediatrician, but if he or she doesn't have practicing privileges at the hospital of your choice, it may be a problem.
- 4. How many pediatricians are in the practice, and does the pediatrician use a physician's assistant? There may be times when your child will have to see someone else in the office, and you need to be comfortable with that person.
- 5. What are the office hours, and how can the doctor be contacted after hours in case of an emergency?



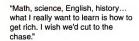
Laughs

"You would have passed except for the road-rage incident."





"My honey always likes to take a little nap after he eats."









In kitchens on the home front and in restaurants around the world. the popularity of beans is increasing, evidenced by the presence of beans in soups, stews, casseroles, salads, breads, salsas and other main course dishes Beans, recommended as a part of a healthy diet, are high in fiber, low in calories, and are a good source of potassium, zinc, magnesium and calcium. If uou like beans, also an excellent source of iron and B-complex vitamins. and want to include more in your diet, try some of these recipes that reveal the versatility of beans.

Black Bean Soup

- pound dried black beans
- 1/4 cup olive oil
- 1/2 cups chopped onion
- cloves garlic, minced
- cup chopped celery
- 1/2 cup chopped green pepper
- quart water
- 13 3/4-ounce cans beef broth
- teaspoons dried oregano
- teaspoons ground cumin
- bay leaf
- 1/4 teaspoon pepper
- tablespoon brown sugar
- cup dry sherry Cayenne pepper to taste

Sour cream, cooked rice and sliced green onion

Soak beans covered in cold water overnight; drain. Cook onion, garlic, celery and green pepper in oil in Dutch oven until tender. Stir in water, beef broth, oregano, cumin, bay leaf, pepper, brown sugar, sherry, beans and cayenne pepper. Heat to boiling. Reduce heat, simmer covered, stirring often, about 2½ hours or until beans are tender. Serve with cooked rice. Garnish with sour cream and green onions.

Yields 10 servings

CALORIES 246, TOTAL FAT 6G, CHOLESTEROL OMG, CARBOHYDRATE 34G, PROTEIN 14G, SODIUM 396MG.

Black Bean And Corn Chili

- medium onion, chopped
- medium red bell pepper, chopped
- cloves garlic, minced
- tablespoon chili powder
- tablespoon olive oil
- 14 1/2-ounce cans chili-style chunky tomatoes
- 16-ounce can black beans, rinsed and drained
- 16-ounce can corn, drained
- cup water tablespoons chopped cilantro

In large saucepan, cook and stir onion, red bell pepper, garlic and chili powder

DATE With a Dish

By Charlotte Lyons

Beautility Beautility

in olive oil until vegetables are tender. Add remaining ingredients. Heat to boiling; reduce heat, cover and simmer for 15 to 20 minutes.

Yields 6 servings

CALORIES 483, TOTAL FAT 14G, CHOLESTEROL OMG, CARBOHYDRATE 58G, PROTEIN 11G, SODIUM 528MG.

Three-Bean Salad With Sweet And Sour Apricot Dressing

1/2 cup apricot preserves

- 1/4 cup red wine vinegar
- 1 teaspoon celery seeds
- 1 16-ounce can kidney beans, drained and rinsed
- 1 small red onion, thinly sliced
- 1 cup cooked green beans (fresh or frozen), cut into 2-inch pieces (about 1/4 pound fresh)
- 1 cup cooked, yellow wax beans (fresh or frozen), cut into 2-inch pieces (about 1/4 pound fresh) Salt and pepper to taste

Combine apricot preserves, vinegar and celery seeds in a salad bowl. Add kidney beans, green and yellow beans and sliced red onion. Toss well to combine the bean mixture. Season bean mixture with salt and fresh ground perper to taste.

Yields 6 servings

CALORIES 151, TOTAL FAT (TRACE), CHOLESTEROL OMG, CARBOHYDRATE 34G, PROTEIN 5G, SODIUM 276MG.





Santa Fe Black Beans And Corn Salad

- 16-ounce cans black beans. drained
- 1/2 teaspoon salt
- 17-ounce can whole-kernel sweet corn, drained
- 4-ounce can diced green chilies
- cup diced red or green peppers
- cup diced jicama
- 1/4 cup chopped cilantro
- 1/2 cup salad oil
- 1/2 cup fresh lime juice
- teaspoons sugar
 - teaspoon grated lime peel
 - clove garlic, crushed Salt and pepper to taste

Combine beans, corn, chilies, red bell pepper, jicama and cilantro. Combine oil, lime juice, sugar, lime peel and garlic. Pour over bean mixture and toss to combine. Season bean mixture to taste with salt and pepper.

Yields 6 servings

CALORIES 335, TOTAL FAT 29G, CHOLESTEROL OMG, CARBOHYDRATE 31G, PROTEIN 9G, SODIUM 675MG.

Red Beans And Rice

- small smoked ham hocks or smoked turkey wings
- quarts water
- pound dried red beans. soaked overnight
- pound smoked sausage or smoked turkey sausage, cut into 1-inch pieces
- cloves garlic, minced
- cup chopped onion
- cup chopped celery 1/2 cup chopped green pepper
- teaspoon dried thyme
- bay leaf
- teaspoon crushed red pepper
- teaspoon Worcestershire sauce Cooked rice

Place hocks (or smoked turkey) in large heavy saucepan or Dutch oven and cover with water. Bring to a boil: reduce heat. Cover and simmer hocks (or smoked turkey) until tender, 1 to 1½ hours. Add beans. Cover and simmer for 40 minutes. Add remaining ingredients except cooked brown rice. Cover and simmer until beans are tender, about 1 hour, stirring occasionally. Remove bay leaf and serve over rice.

Yields 10 servings

CALORIES 368, TOTAL FAT 18G, CHOLESTEROL 53MG, CARBOHYDRATE 31G, PROTEIN 22G. SODEM 474C

Pasta And Bean Soup

- cup dried, cleaned cannelloni or navy beans
- tablespoon olive oil
- large cloves garlic, minced
- cup chopped onion cup chopped celery
- medium carrot, chopped
 - 14 1/2-ounce cans low-salt chicken broth or vegetable broth
- cups water bay leaves
- tablespoon dried oregano
- teaspoon pepper
- 16-ounce can stewed tomatoes. undrained
- tablespoon dried basil
- ounces (dry weight) pasta (one or a combination of small shells, ziti, bow ties), cooked al dente and drained
- ounces Jarlsberg light cheese, shredded Chopped parsley

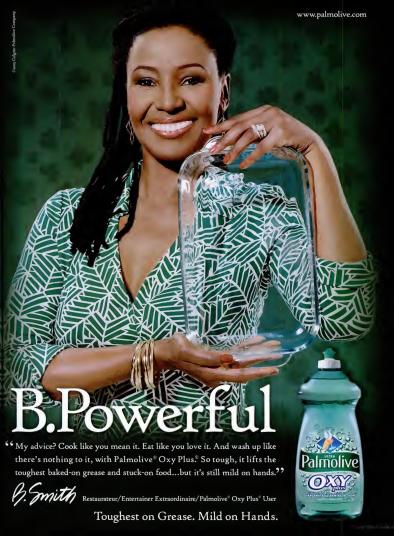
Cover beans with 2 inches of water above top and soak overnight; drain beans. Cook garlic, onion, celery, and carrot in oil until tender in large saucepan. Add beans, broth, bay leaves, oregano and pepper. Bring to a boil: reduce heat to simmer. Cover and continue cooking for 1 hour, or until beans are tender. Add tomato and basil; cook 15 minutes. Add pasta and heat through. Before serving, remove bay leaves and stir in half of the cheese. Serve with remaining cheese for topping.

Yields 10 servings

CALORIES 327, TOTAL FAT 13G, CHOLESTEROL 20mg, Carbohydrate 37g, Protein 18g, Sodium

Ms. Betty's Pinto Beans

32-ounce package dried





The versality of beans is represented in many ways. Multi-Bean Wrap With Salsa is a combination of beans and spices that will tickle the taste buds.

- pinto beans
- fresh ham hocks
- teaspoon garlic powder
- teaspoon onion powder
- teaspoon salt

Wash beans thoroughly and drain. Place ham hocks in large stockpot; cover with water. Add beans and remaining ingredients. Bring to a boil; cover and reduce heat to low. Simmer for 2 hours or until beans are tender.

Yields 10 servings

CALORIES 363, TOTAL FAT 5G, CHOLESTEROL 21mg, Carbohydrate 58g, Protein 23g, Sodium 225140

Black-Eyed Pea Dip

- cups cooked black-eved peas
- 1/4 cup tomato juice
- tablespoons dry white wine
- 1/2 teaspoon garlic salt Dash cayenne pepper
- tablespoons chopped green chilies

Place peas, tomato juice, wine, garlic salt and cayenne pepper in blender container. Cover and blend on high speed until smooth. Stir in green chilies. Heat the black-eyed pea mixture in saucepan until hot. Serve with vegetables. Dip maybe served hot or cold.

Yields 8 servings

CALORIES 144, TOTAL FAT 1G, CHOLESTEROL OMG, CARBOHYDRATE 25G, PROTEIN 10G, SODIUM 163MG

Multi-Bean Wrap With Salsa

- 16-ounce can black-eved peas. rinsed and drained
- 16-ounce can black beans. rinsed and drained
- 15-ounce can great Northern white beans, rinsed and
- cup chopped red bell pepper 3/4 cup chopped red onion
- tablespoons olive oil
- tablespoons fresh lime juice

- large cloves garlic, minced
- large jalapeño chili, seeded and minced
- tablespoons chopped cilantro
- teaspoon dried oregano tablespoon chili powder
- 1 1/2 teaspoons ground cumin
- Salt and pepper to taste 10-inch flour tortillas Prepared salsa

Sour cream

Combine all ingredients except tortillas, salsa and sour cream in large bowl. Cover and chill overnight. Bring to room temperature before filling tortillas. With slotted spoon, place about 1/2 cup bean mixture onto center of each tortilla. Roll up tortilla tightly, tucking in ends; top each with salsa and sour cream.

Yields 16 wraps

CALORIES 381, TOTAL FAT 8G., CHOLESTEROL 0MG. CARBOHYDRATE 63G, PROTEIN 14G, SODIUM 441MC

Confetti Bean Salad

- 15-ounce can garbanzo beans, rinsed and drained 15-ounce can dark red kidney
- beans, rinsed and drained
- 15-ounce can pinto beans. rinsed and drained
- 14 1/2-ounce can diced tomatoes with Italian seasoning, undrained
 - 8 3/4-ounce can whole kernel corn, drained
 - 4 1/2-ounce jar sliced mushrooms, drained
- tablespoons chopped parsley
- 1/2 cup fat-free Caesar salad dressing
 - teaspoons Italian seasoning
- 1/4 teaspoon pepper

Mix all ingredients together in large bowl. Serve at room temperature. It can be chilled or heated as desired.

Yields 8 servings

(NOTE: THREE CANS OF SIMILAR KIND OF BEANS MAY BE SUBSTITUTED.)

CALORIES 183, TOTAL FAT 1G, CHOLESTEROL BMG, CARBOHYDRATE 35G, PROTEIN 9G, SODIUM 793MG.

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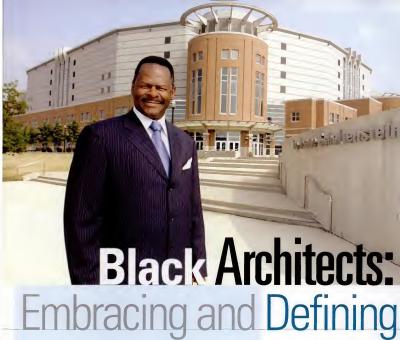
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By Kimberly Davis

BAUTY. Art. Culture. Architecture both defines and owes its existence to these who studied, as well as those who are devoted to the practice, it is with purpose and lasting-ness that they give form and function to our edifices from conception through design. "Architecture is culture," says architect and professor Melvin Mitchell, a member of the College of Fellows of the American Institute of Architects (FAIA). "It's the mother art, the first art. When man builds, all of the art forms are housed in architecture."

The U.S. Bureau of Labor Statistics estimates that there are about 100,000 architects licensed in the United States. Of those, roughly 1,500 are African-Americans, according to the University of

Cincinnati-sponsored Directory of African-American Architects. Thirty years ago, the percentage of African-American architects was roughly the same, which means that architecture continues to be a profession that lacks diversity in real numbers.

That lack of diversity means that it is that much harder for Black architects to get the top commissions that lead to more top commissions, says Curtis J. Moody, FAIA, president and CEO of Moody/Nolan Inc., in Columbus, Ohio. "There are a lot of talented African-American architects out there; the problem is that we're still scratching the surface," says Moody, whose company also has offices in Nashville, Cincinnati, Cleveland and Indianapolis. "There are firms that have the capa-





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Pioneering architect Wendell Campbell of Chicago, co-founder of the National Organization of Minority Architects, poses in front of the South Side YMCA, which he designed. Philip Freelon (right) stands at the General Aviation Terminal Building at Raleigh-Durham International Airport, designed by his firm. Freelon is married to jazz singer Nnenna Freelon.

bility; we're just under the radar."

And for African-Americans working in the profession or those who teach architecture, the work can be rewarding and difficult. Those who have "made it," in many senses, say that it takes training, perseverance, talent and hard work, particularly when it comes to getting high-profile projects. And even then, it can often be all guts, no glory.

Think about it. Chances are, right now, you're sitting in a building designed foundation to ceiling by an architect. But how often do you wonder who designed the building?

On the other hand, when —you buy a music CD, read a book or go to a museum, those names may be more familiar. There's a reason for that, Mitchell says. African-American architects—every bit as talented as musicians, writers, painters and sculptors—missed an opportunity to firmly entrench themselves in the American culture.

"When we had our first big, cultur-

al renaissance during the Harlem Renaissance, African-American architects were missing from that," says Mitchell, president-elect of the National Organization of Minority Architects (NOMA) and author of The Crisis of the African-American Architect: Conflicting Cultures of Architecture and (Black) Power. "We were the missing link... Our generation did not see themselves as privileged and having the authority to pursue culture."

architecture has generally been
a bit outside of Black culture—
not as accessible and therefore—
not as desirable. Although the
building booms continue to
provide amazing opportunities for
some designers, African-Americans
aren't pursuing the profession or
gaining much of a foothold once they
enter the profession. That's not to say
that African-Americans haven't experienced any success. On the contrary,
the pioneers of the profession have
designed many of the most unique

As a result, instead of en-

and recognized structures in the world—Paul Williams, Julian Abele, Robert Taylor, Albert Cassell and Norma Sklarek, to name but a few.

And at certain times in our history, Black architects have been in high demand. "I was fortunate," says Max Bond, FAIA, of Davis Brody Bond, LL.P. in New York, famed designer of the Martin Luther King Center for Nonviolent Social Change in Atlanta. "I started practicing really during the height of the Civil Rights Movement," he says. "There was a demand that African-American architects be used. All of us benefited from being in practice at that moment."

For the "new school" of Black architects, it can be a bigger struggle, particularly if you're working for someone else. Philip Freelon, FAIA, president and founder of the Freelon Group, which has offices in Raleigh, N.C., and Charlotte, N.C., says he decided to start his own firm after he worked in a large majority White firm for years and saw that the founding partners make the key decisions. "The



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New York-based designers Jack Travis (left) and Max Bond are two of today's top architects. Travis spends much of his time mentoring young people, trying to attract them to the profession. Bond, designer of the Martin Luther King Jr. Center for Nonviolent Social Change in Atlanta, is the associate architect on the World Trade Center Memorial in New York City.

ideas I wanted to pursue were constricted in that environment," says Freelon, co-designer of the Reginald F. Lewis Museum of Maryland African American History and Culture in Baltimore. "I took a two-thirds cut in pay to invest in myself and what I wanted to do... I always believed that good design work will be recognized."

For Freelon and another top designer, Allison G. Williams, FAIA, of San Francisco, good design work has been recognized and rewarded. Williams, principal and design director for Perkins + Will, says architecture just seemed to "make sense" for her, and is a professense" for her, and is a professense.

sion about which she still is passionate. That's understandable when you consider her recent commissions. She is lead designer of both the \$120 million International Museum of Women, to be housed on one of San Francisco's piers, and the \$33 million African American Cultural Center in Pittsburgh.

"You find your passion, the things that you love to do—the way that you want to engage in the environment and in the world around you," says Williams, who's originally from Cleveland. "What's exciting to me is that I seem to still have the energy and the persistence and the curiosity about the world and the profession's role in it."

But what's next for the profession? How do the Black architects of today try to ensure that there are Black architects tomorrow? Is it something the architecture world should even be thinking about? These are all questions that professional organizations such as the AIA and NOMA, as well as individuals in the profession are trying to answer. Indeed, most of the architects interviewed for this story emphasized the importance of reaching back and banding together to make

names known and to show young people—even those in elementary school—what it means and what it takes to be an architect.

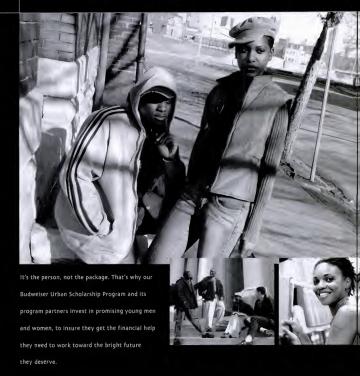
Harlem-based architect Jack Travis, FAIA, says early in his architecture education, he realized that there weren't many professors or even licensed professionals who looked like him. He also saw that the design model that existed for him and other students of the late 1970s wasn't a cultural model, so he had to make his own model. "I wanted to design for us

[African-Americans]," says Travis, who designed filmmaker Spike Lee's home

Travis is more than doing his part to try to improve the situation for future Black architects. He says he is involved with 12 mentorship programs, and works with students at the Charter High School for Architecture and Design in Philadelphia, Additionally, he once famously left the AIA because he reportedly didn't feel that it was devoting enough resources to diversity. He has since returned, saying that African-American architects have to show young people that architecture is a creative alternative that they can choose for a career. That's the only way to get and keep their attention, Travis says, emphasizing that today's architects have to be committed to finding new ways to attract attention in a culture fueled by hip-hop. "In this time," Travis says, "we're pioneers, and we have to know it."

Moody of Moody/Nolan agrees with that assessment. There is power in unity—working together, networking and supporting one another." If there's anything that I'd like to see happen it's for us to help each other more," Moody says." If there's someone you know about, help that firm grow and expand. There's enough opportunity for all of us."

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By Eunice W. Johnson

as summer comes to an end and frees begin to outfit themselves in beautiful autumn foliage, fashionable women begin to assess their fall outerwear. Simplify the process by taking inspiration from the trench and other light coats created by designers from the world's fashion center. As evident on these pages, there is a multiplicity of options—from exquisite leathers (some textured), to luxurious wool herringbone and tweeds to elegant embroidered designs. One standout design from Louis Vuitton puts a layer of organza over a brown and tan herringbone check coat. Regardless of your personal style preferences, top designers have a fall coat that is

Far Left: Seven-eighths length wool overcoat has oversized lapels and wide tie belt. By Akris.

Left: Max Mara designs green wool double-breasted cost with drop-shoulder sleeves, large lapels and petal hemline. Accessorized with hooded sweater, suede belt and suede shoes.

EBONY FASHION FAIR



Left: Brown leather trench coat zips up front and collar, accented with zip patch pode-ets, top stitching, raglan sleeves, wide cuffs and buck-led belt tied at waist. By John

Right: Salvatore Ferragamo defines elegance with his flo-rel jacquard brown fitted trench with looped shank but-tons and oversized standing collar. Accessorized with brown handbag and leather











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BODYTALK

Fantastic Abs

From Flabby to Fit, Firm & Fabulous

AVE you given up on attaining the perfect *sixpack* and accepted the pudgy rolls that spill, over your pants? Is wearing a midriff never anoption? Does zipping your pants in the morning take Herculean strength?

If you answered yes to any of these questions, then you are like millions of Americans who want a trimmer waist and a leaner profile, but don't quite know the secret to turning bulging "love handles" into a sculpted abdomen. Don't give up! Your goal is neither unattainable nor vain. Experts agree that a toned, strong abdomen is an essential component of good health.

"Good core-muscle strength stabilizes the body, making it easier for a person to maneuver, significantly improving the quality of a person's life," asys Melanie Marchand, a certified fitness and holistic health expert who founded Sisters in Shape Consultants (SIS) in Philadelphia.

Excessive belly fat is such a common problem these days that experts describe it as "central obesity." One description of central obesity is a man with a waist measurement more than 40 inches, and a woman whose waist measurement is greater than 35 inches. Men are more likely to carry excess weight in their abdominal area, whereas females carry the bulk of their weight on the hips, buns and thighs.

Chicagoan Denise Lewis recently trimmed her waist by several inches by speed-walking daily and performing an abdominal routine consisting of crunches, pelvic tilts and quick torso rotations. Lewis, 51, says she looks and feels healthier, and now is able to travel in her car without lower back pain. Her consistent routine has helped her to lose belly fat and tighten her abdominal muscles, and she no longer buys XXL shirts to hide her waistline. Denise can now fit in her "when I looked good" jeans that

Sensational abs are the result of a balanced diet and a workout routine that specifically targets the abdominal area.

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Exercise routines can be designed for women to allow them to firm their abdominal regions without becoming "too muscular."

have been in the back of her closet since 1996.

Lewis' routine is pretty simple. It begins with the prayer, "Thank you, God, for today," and then she walks two blocks to her local park, which has a running track. She dashes around the track six or seven times, and then returns home to finish her workout with her ab routine. This program has helped Lewis, a single, retired home health care worker, maintain her 30-pound weight loss for several months. Not only has she improved the shape of her body, she has also improved the quality of her life.

"Decreasing abdominal fat reduces the risk of many preventable diseases," says Monique C. Ryan, a registered dietician and president of Personal Nutrition Designs and the author of Sports Nutrition for Endurance Athletes. Medical professionals say that belly fat is not only unhealthy, but also toxic. It greatly elevates the risk of heart disease, type 2 diabetes, stroke, breast and colon cancer, high blood pressure and back pain.

We all know where our "spare tires" came from—that second or third piece of sweet potato pie, that all-you-can-eat buffet and not using the ab machine that is collecting dust in the closet. Excess weight in the abdominal area has several causes, including genetics, stress, high-calorie diet, excessive alcohol consumption and a sedentary lifestyle.

If you find the appearance and hazards associated with an overgrown gut upsetting, the benefits of a trim and toned waist may empower you to take action.

Fitness professionals and physicians encourage people to get a basic knowledge of the abdominal muscles that make up the core of the body. The "six-pack" extends from the



BODYTALK

sternum to the pelvis, and it is the top layer of muscle under the skin. "When exercising, always start with proper form, and with any abdominal exercise, always protect your back by keeping it down into the mat, and never overextend your neck." says Jeanette Jenkins, a certified personal trainer and fitness expert who created The Hollywood Trainer fitness program for her celebrity clientele in Los Angeles. "A basic crunch will strengthen the top half of the abdomen's center, and a reverse crunch will tone the lower half. A good way to tone the six-pack is to just hold in your stomach throughout the day."

"Love handles" (little rolls of fat that spill over the sides of your pants) run diagonally from the lower ribs to the upper pelvic bone and work together with a deeper muscle that stems from the pelvis to the lower ribs to rotate the torso. "Side crunches and bicycle crunches tighten the sides of the waist," says Melanie Marchand.

The "girdle," often called the postpartum pouch and is considered the most difficult abdominal area to firm, stretches horizontally across the lower part of the stomach. Seated torso turns with an exercise ball with flatten and firm the bottom of the stomach. "All these muscles that support the lower back can be made stronger by do

ing back extensions," says Jenkins. To perform a back extension, lie on your stomach; stretch out your legs and arms; then lift your arms and legs upward and outward.

Have you done all of these abdominal exercises before and never gotten the results you wanted? If so, your abs are firm, but hidden by your excess weight. "Aerobic exercise and a sensible diet is the only way to lose weight," says both Marchand and Jenkins. Personal trainers agree that to realize the dream of a slim waist, a person must exercise regularly to maintain weight loss. Cardiovascular exercises, a vital part of any exercise routine, do not have to be boring. For example, some fun aerobic exercises are dancing, swimming and biking. If you want even faster results from your ab routine, personal trainers recommend performing resistance training exercises like Pilates, yoga, or using a stability ball to target the abdominal muscles.

Fabulous abs can be achieved—if abdominal exercises are a part of a total fitness plan. Erect posture, increased stamina, improvement of overall health, and great abs will be your reward for making the commitment to transform yourself into the person you know you can be.

-Sandra C. Davis





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The Best a Man Can Get

LOUE AT FIRST BYTE

All photos posed by professional models.

THE VIRTUAL WORLD OF DATING ONLINE

N the unpredictable, oftentimes turbulent world of dating, with its ups and downs, twists and turns and momentary fluctuations of the heart, a growing number of tech-savvy singles are turning their attention (and their hearts) to the Internet for their custom-made version of Mr. or Ms. Right.

With options that allow you to request everything from hair and eye color to education and religion to habits and hobbies, dating Web sites have created virtual malls—"cybermalls," if you will —that allow singles to point and click their way to "the one," or at least, the one for now. Revolutionizing the dating world as we know it, these online havens are redefining the limits of love and the pursuit of love, from every corner of the globe. "We're trying to reach the whole world —people of all spiritual orientations, all political philosophies, all racial backgrounds," says Neil Clark Warren, founder of eHarmony.com, the fourth-largest dating site (behind Yahoo.com, match.com and Spark Network's American Singles) that matches marriage-minded couples based on 29 dimensions of compatibility.

With thousands of known marriages to his com-

who would have thought a tampon could get me to that Zen place?

I'm glad I didn't have to skip class. 'Cause, for me, yoga and pads just don't mix. Inhale. At least the whole class can breathe deeply now, without me getting self-conscious. Whoa, the blood's rushing to my head. How long do we have to hold this? Exhale and focus. I am centered and totally relaxed.



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LOVE AT FIRST BYTE Continued

pany's credit and 7.5 million people who have registered to take the eHarmony.com test, Warren has designed a proprietary system to assess a couples' likelihood of success. "A marriage will likely thrive if couples share at least 10 of these key personality traits and habits, from curiosity and industriousness to ambition, traditionalism and feelings about children. We do try to give people what they need, rather than just what they want."

Owen and Sharon Fraser of Cincinnati, first-time online daters, found what they needed and wanted when they were matched through eHarmony.com. After filling out the 436-question test, which is free, the couple was matched. A little more than a year later, they were married. "I went to the site because I believe in marriage, and I wanted to be married again," says Owen, an information technology manager who



In the game of love, both men and women are using the Internet to make a connection.

had gone through a divorce. "I wanted to lessen the chances that I'd be divorced again, and I wanted someone to share my life with."

"eHarmony.com was very clear on the process," adds Owen's new wife, Sharon, an operations manager. "You felt like you really knew the person—even before you actually talked to them. When we finally met, I already loved him. It was like I'd known him all my life."

Success stories like Owen's and

Sharon's have created a new venue in the cyberworld, a tantalizing, yet private excursion into the virtual world of dating. It is a world that Anthony Woodson, founder and president of Blackloveforever.com wanted to create specifically for African-Americans, "As a Black man, I wanted to give Black professional men and women great opportunities to meet each other, who might not otherwise meet in the basic settings of society as we know it," says Woodson, whose site has produced more than 800 marriages. "Single people are extremely tired of the club and bar scene. We offer them something different, more satisfying and more meaningful."

Other companion-minded sites catering specifically to African-Americans—including BlackSinglesConnection.com and Black-Planet.com—are paving the way for the Nubian experience to flourish on the Worldwide Web, providing a signature brand of culture and companionship.

But not everyone is looking to



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COMPLETE 12 HOUR PROTECTION

LOVE AT FIRST BYTE Continued

be married. Although Match.com—one of the largest online dating sites that spans six continents, 30 Web sites and 18 languages—is credited for a quarter of a million connections each year, 30-year-old Derrick Spurlock was looking for friendships, not marriage. The Dallas-based educator wanted to find single, likeminded women who were interested in building and

In the world of online dating participants have the opportunity to shape the desires of their hearts, many times leading to successful unions.

maintaining friendships, and who understood the demands of his teaching and coaching schedule. "For me, Match.com was not the means of meeting the perfect woman," says Spurlock. "My purpose was to meet people." And with over 8 million members, of whom 1 million are African-American, 53 percent male and 47 percent female, Derrick felt very confident about

his chances.

As required by most Web sites, Derrick completed a detailed questionnaire about himself, created a free profile (including photos) and then waited for the responses to roll in—and roll in they did. In fact, they poured in. After patiently sifting through more than 100 e-mailed responses from across the United States, Derrick has spoken to at least 20 of the available

"I wanted to give Black professionals ... great opportunities to meet each other, who might not otherwise meet in the basic settings of society as we know it. Single people are extremely tired of the club and har scene."

women who were matched with him, and says he has been on five successful dating experiences since he joined Match.com six months ago.

"The founders of Match.com understood that the real power of the Internet lies in its ability to impact people in a truly meaningful and personal way," says Jim Safka, CEO of Match.com. "From the beginning, Match.com has led a cultural shift, expanding the possibilities for single people. Everything about the way people connect, communicate and find love has changed, but the basic human desire for love is the same as it's always been."

In this new virtual world of cyber connections, online heart surges and the inevitable, it seems, romantic interlude—singles can single-handedly craft the desires of their heart—all from the comfort of home. But before you take your journey into the world of virtual reality, do your research, find the site that works for you, and prepare for your passions to meet your possibilities! "People are ready for something new and exciting to provide hope and happiness on the road to meeting that special someone," says Woodson. "We won't disappoint them."

-Nikitta A. Foston

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Spreading 'The Word'

African-American chaplains take the lead in the lvy League

By Joy Bennett Kinnon

ITH little or no fanfare, African-American ministers, male and female, have moved into major leadership roles in the spiritual hierarchies of prestigious Ivy League universities. Five of the eight Ivy League schools—Columbia, Cornell, Harvard, University of Pennsylvania and Yale—have Black university chaplains.

And other Black individuals lead the chaplaincy at Dartmouth and are assistant university chaplains at Brown and Princeton.

> It is unprecedented, observers say, to have eight

THE REV. KENNETH L CLARKE SR. was selected as director of Comell United sity.

Religious Work in 2001. He is responsible in 3 for the administration and coordination of religious affairs, and the administration the religious for the administration of the religious fafairs. And the administration the religious fafairs and the administration the religious fafairs.

THE REV JEWELNEL DAVIS has been the university chaplain and the director of the Earl Hall Center at Columbia University since 1996. A Baptist minister, Rev. Davis was recently appointed associate provost. She became interested in university chaplaincy while studying Judaism. During her more than two decades in the ministry, she has held several faculty positions, including higher education administrator

134

of the campus interfaith center and Sage

Chapel, Rev. Clarke works with more

than 20 full-time chaplains and 25 religious and spiritual organizations. Campus

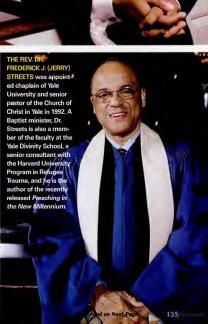
THE REV. DR. PETER J. GOMES has served as the Pusey Minister in the Memorial Church at Harvard University since 1970 and as the Plummer Professor of Christian Morals since 1974. A Baptist minister, Dr. Gomes is in charge of the university's chaplaincy, and has also published 10 volumes of semmons, and numerous articles and papers.

Black clergy serving the spiritual needs at highly selective institutions, which were once bastions of White, male Christianity.

The new ministers are reinterpreting some aspects of traditional theology. They still serve as role models and pastoral counselors; they still conduct chapel and worship services, and offer prayers at commencement and other

university functions. They provide counseling and pastoral care, but they are also involved in a range of complex and, as one chaplain says, "contentious local,





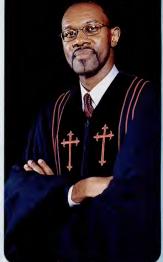
Spreading 'The Word' On Campus

national and global issues" such as diversity, racism, sexism and conflict between religious and secular values.

"Nearly all of us have diplomatic responsibilities on campus," says the "dean" of the Black Ivy League ministers, the Rev. Dr. Peter J. Gomes of Harvard. "I think of myself as the Secretary of State for Religion [on campus]," he says.

Most colleges and universities have denominational chaplains on campus who are employed by their denominations, i.e., Baptist, Methodist, Catholic and Jewish. The denominational chaplains usually fall under the supervision of the university chaplain.





THE REV. WILLIAM C. GIBSON has been university chaplain and special advisor to the president at the University of Pennsylvania since 1996. He also serves as interim pastor to two New Jersey congregations, New Salem Baptist Church in Trenton, N.J., and First Baptist Church in Princeton, N.J.

Columbia University chaplain, the Rev. Dr. Jewelnel Davis, says there are about 17 different religious life advisors who report to her—including spiritual leaders from the Muslim, Hindu and Buddhist traditions. One of the great strengths of the African-American clergy, she and others say, is their experience working with a variety of religious groups.

All follow the inclusive, cutting-edge tradition of the Rev. Dr. Howard Thurman, who became the first Black university chaplain at a major White institution when

THE REV DEBORAH K. BLANKS has been Princeton University's associate dean of religious life and of the chapel since 1997. Rev. Blanks is an ordained ltinerant Elder in the African Methodist Episcopal Church, and she served as a U.S. Navy chaplain for 10 years. She currently holds the rank of lieutenant commander in the U.S. Naval Reserves.



Schedule of Events

FRIDAY, NOVEMBER 25

SUPER JOB FAIR
HYATT REGENCY-NEW ORLEANS

HBCU COLLEGE FAIR

HYATT REGENCY-NEW ORLEANS

ACADEMIC ALL-STAR CHALLENGE HYATT REGENCY-NEW ORLEANS

MCDONALD'S BATTLE OF THE

BANDS-GREEK SHOW LOUISIANA SUPERDOME

SATURDAY, NOVEMBER 26

FAN FEST LOUISIANA SUPERDOME

GSU TIGERS VS SU JAGUARS LOUISIANA SUPERDOME

SUNDAY, NOVEMBER 27

EBONY SUNDAY GOSPEL BREAKFAST WITH VICKIE WINANS

HYATT REGENCY-NEW ORLEANS







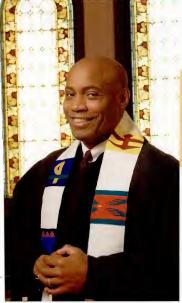












Spreading 'The Word' On Campus

he assumed the position at Boston University in 1953.

"We bring with us a sense of the rich prophetic and redemptive traditions of Black religion and spirituality," says the Rev. Dr. Frederick J. Streets, Yale University chaplain.

THE REV. DR. STUART C. LORD was appointed as Virginia Rice Kelsey '615 dean of the Tucker Foundation and associate provost of Dartmouth College in August 2000. As dean, he oversees the college chaplaincy and says he is responsible for the "spiritual pulse" on the campus. He has worked in higher education for 18 years.

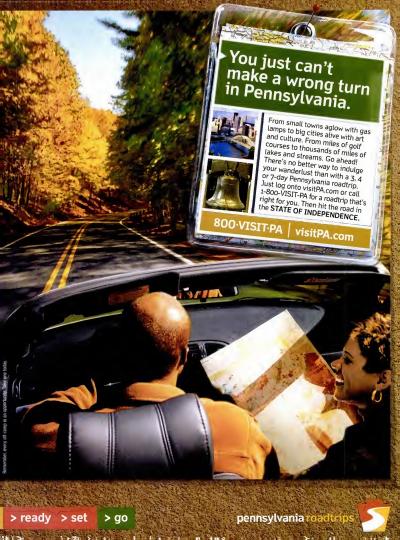
"In our role as university chaplain, our constituents are influenced ... by these dimensions of our experiences which contribute to our students' intellectual life, spiritual formation and vision of society."

In addition to Dr. Streets (Yale), Dr. Gomes (Harvard) and Rev. Davis

(Columbia), the other university of hennsylvania) and the Rev. William C. Gipson (University of Pennsylvania) and the Rev. Kenneth I. Clarke, Sr. (Cornell). In addition, the Rev. Dr. Stuart C. Lord oversees the Dartmouth College chaplaincy office and the assistant university chaplains are the Rev. Deborah K. Blanks (Princeton) and the Rev. Sakena De Young-Scaggs (Brown).

In Thurman's seminal book Meditations of the Heart, he wrote, "This is the first miracle, a man becomes his dreams; then it is that the line between what he does and is and his dream melts away."

These Ivy League chaplains, recipients of Thurman's mantle, are living out his dream and their own.





The singer and minister talks about his new movie, church and his most difficult struggle in life

Donnie McClurkin, who has established himself as a singer and minister, is now appearing in the movie, The Gospel. At the annual United Negro College Fund Evening of Stars, entertainer Lou Rawls (c.) and Smokie Norful (front) are joined by McClurkin (c., rear) and some of the movie's co-stars, including (l. to r.) Shemar Moore, Yolanda Adams, Fred Hammond and the Rev. Shirley Caesar, Kirk Franklin contributes to the film's soundtrack.

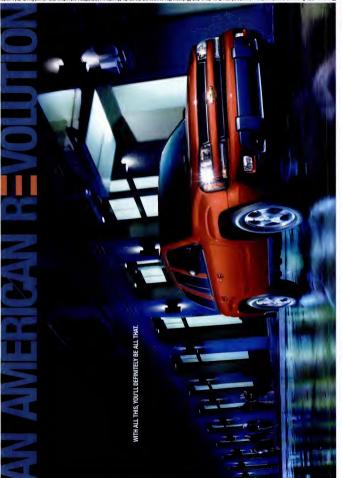




By Shirley Henderson

ONNIE McCLURKIN'S voice has already transcended the Sunday morning pulpit to soar to the top of record charts, where his music has remained steadfast while reaching gold and platinum status. Now the minister/singer/songwriter is poised to take over the silver screen. Tall, handsome and playful, McClurkin's ability to deliver contemporary gospel hits such as "We Tall Down" and "Speak to My Heart" has melted the most hardened of hearts. He is continuing to spread the good news via his new

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Inside Perfecting Faith Church, McClurkin (left), in his fiery style, ministers to his congregation. During another part of his ministry (below), "Pastor Donnie" lays hands on members in the midst of prayer.



movie, The Gospel.

"I don't know who was on drugs the day that they asked me to act," says McClurkin, laughing. He jokingly laments that he does not have a love interest in the film. shot on location in Atlanta, and would have welcomed a "smooching scene" with Halle Berry were she available. He is content. however, with his role as Minister Hunter in the film, which co-stars Boris Kodioe, Idris Elba and Nona Gaye. The movie focuses on the gospel music world and the trials of the leader of an African-American megachurch.

"It's a good movie," McClurkin says of the family film. "It has powerful performances by Yolanda Adams, Hezekiah Walker and Fred Hammond." Audiences may be shocked by one particular aspect of the movie—McClurkin does not sing in The Gospel.

That, however, is not the case on Sundays inside Perfecting Faith Church in Long Island, N.Y., where McClurkin ministers to the souls of about 2,000 worshippers. The Grammy Award-winning recording artist delivers rousing Sunday morning sermons, whipping up the congregation with his powerful vocals and Baptist preacher-style sermons in a sanctuary that is a former grocery store. Each Sunday, services are "racked, stacked and packed," according to the pastor.

While the Perfecting Faith congregation is accustomed to its own celebrity pastor, known by practically everyone as simply "Pastor Donnie," it's not uncommon to have Beyoncé sit among the regulars in the church pews, which she has done twice. Missy Elliott showed up once to help McClurk-in celebrate his birthday. If secular artists mingling with church folk seems a bit out of place, then you are missing the point, according to McClurkin, who insists that "gospel music is best in the secular, just as light is best in the dark."

"Everybody thinks that they are wild and out there," says McClurkin. "Usher, Beyoncé, Missy Elliott, Steve Harvey-they all go to church. They all listen to gospel music." McClurkin's latest CD. Psalms, Humns and Spiritual Songs, rose to the top ranks of the R&B charts after its release earlier this year. Unlike his modern gospel hit, "Stand," from his breakthrough album, Psalms features more traditional gospel music. His Live In London CD, released in 2000, spent 37 weeks at No. 1 on the Billboard Top Gospel Album charts and sold 1.3 million copies. "I can't explain it. When Psalms came out, it was hard-core gospel for church people only," he recalls. "When it was No. 5 on the R&B charts, I thought, 'What in the name of God?""

With his new film role, a re-













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- July - It



At the White House during a gospel gala, McClurkin is joined by President Bush, first lady Laura Bush and Teresa Hairston, CEO/Publisher of Gospel Today magazine. On the set of *The Gospel* (below), McClurkin takes direction from the film's writer/director Rob Hardy.

cording career in full swing, concerts, preaching engagements and heading his church, McClurkin says that he is more alive than he has ever been. Still, he says, there are a few things that are missing from his life. "I would like to have been married earlier and have 10 kids by now," says McClurkin. "Like many single people in and out of the body of Christ, being single is difficult, more so now than ever before in my life. God has been so great to me. He has blessed me. I don't need money. My health is good. The one thing missing is a wife and familty."

McClurkin is now an empty-nester since his adopted daughter, Michelle, 20, moved to London, where

she is going to school, working and trying to buy a home of her own. He adopted her when she was 10 years old. "My battle with loneliness is my greatest battle and wanting, in fact, to be 'normal," he says.

For McClurkin it all came to a head while on a red-eye flight to L.A. He had just spent two grueling weeks on the road and was facing another few weeks on tour when he had a spiritual meltdown. "I told God, 'Why can't I just be normal with a wife and kids and cat and white picket fence? This is not what I signed up for.' I wanted to know, 'Where is mine?'"

As a result of posing those questions, he says that two breakthroughs came out of the experience. "God told me, I never promised you that you would not feel the burden of ministry." McClurkin recalls.

Later, while still on the plane, God gave him the words for the song "Stand," and, he says, in 20 minutes the words flowed inside his head. "How do you deal with the shame of your past ... you stand," he continues repeating the words. "I had to sing to myself over and over again to remember."

In a relatively short period of time, McClurkin has traveled a long road to gospel superstardom. His journey began 45 years ago in Amityville, N.Y., where he was born to Frances and Donald McClurkin. His parents, who had 10 chil-

dren, soon learned that their 3-year-old son, Donnie, could hum an entire song before he could talk. The first 8 years of McClurkin's childhood were fun, but included great tragedy—he witnessed the accidental death of his 2-year-old brother. Also, in his book, Eternal Victim-Eternal Victor, he says after the funeral, he was raped by a male family member. Later, while in his early teens, McClurkin says he was molested again by another male relative.

The episodes of sexual abuse began a 20-year battle with the singer's sexuality, from which God has totally delivered him, according to McClurkin. "The church became my therapy, more than anything else,"



he recalls in From Darkness to Light: The Donnie McClurkin Story, on DVD.

McClurkin has been able to overcome and excel, to the point that fans, celebrities and a cross section of music lovers recognize his talent as "special." Pastor Marvin Winans, of the famous Winans family, says that he was impressed with McClurkin's singing abilities early on. "There are some people who God just touches and elevates," says Winans. "And he is one of them."

Another major celebrity, Oprah Winfrey, recognized his abundance of ability and called McClurkin personally to invite him to sing his signature song, "Stand," on her show. Such recognition is welcome, but to this day, he is still unfazed by the celebrity spollight that focused on him after the song went gold shortly after he appeared on the show. He also remembers some words of wisdom that the talk show queen gave to him. "She said to me, 'This nation is obsessed with fame. But, Donnie, everybody can't be famous, but everybody can be great."

But even greatness has its price. Because of McClurkin's many and varied obligations associated with his career and church, he has talked about retiring from the recording business. "Yeah. In a great sense that is absolutely true," McClurkin said when asked about the rumors. "Some transitional things have to happen first. Something has got to give. My season is changing. Until Shirley Caesar goes to heaven, she will be singing the gospel. You have people who will always grace the music scene, like Kirk Franklin and CeCe Winans. God is changing my season. It's been taxing. I never thought God would do what he did in my life."

McClurkin, who has won a Grammy and an NAACP Image Award, won't leave the recording studio just yet. His contract with Verity Records requires him to do two more CDs. And perhaps more important, he's looking forward to devoting more time to his church and doing things that he enjoys. That includes watching television, especially the Cartoon Network, old movies and sitcoms from the '60s and '70s. He also loves riding roller-coasters at amusement parks, reading Marvel Comics, and, surprisingly, he is a big fan of jumping double-Dutch rope. "Just last week, I saw some little girls [jumping] double-



Dutch, and I stopped my car, got out and asked for a turn [at jumping]." McClurkin admits. "They think that I'm [not serious] because I am 6-foot-3 and fat with a grey beard."

Although McClurkin tries to address the "fun" side of his life, it's never at the expense of lending his voice to help those who need to be lifted up. For example, this fall he will host the New York Call, a gathering of pastors and superstars that attracted 12,000 people last year. He recently performed at the White House and joined a group of African-American pastors who met with Secretary of State Condoleezza Rice to discuss the problem of AIDS. And because of his devotion to children, there are plans underway for him to record a children's CD.

"Pastor Donnie" will also continue to stay on top of the hundreds of e-mails sent (as many as 600 a day) to him from people, children included, struggling with issues such as sexual abuse and homosexuality. He says he answers them all. "God did a wonderful thing in [healing] me," says McClurkin. "The coping mechanism was that I never got angry [at my abusers]. God showed me that they were broken too. I wasn't pulled in by hatred. It wasn't a thought. I was able to forgive them with no strings attached."

Whether his platform is the church, a movie role or a best-selling CD or DVD, one thing is certain —Donnie McClurkin will stand the test of time as one of gospel's premier personalities.

EBONY • October 2005



e 1 an American Cancer Society 2005 estimate

Expose the Truth

In the U.S. a woman will die from breast cancer, on average, every 13 minutes. We must stop this, here and around the world. Research today saves lives tomorrow



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Annual Section

Fibroids: Facts and New Treatments



routine checkup revealed a pea-sized fibroid atop Teresa Mack's pelvis. The benign tumor caused mild pain during her menstrual cycle, but her doctor advised against immediate treatment because she was pregnant.

After Mack successfully delivered her first child, the small lump grew to the size of a naval orange. The

By Tracey Robinson-English

attorney and entrepreneur wanted to have more children but feared the fibroid would compete for the baby's blood supply. Gail N. Jackson M.D., Mack's obstetrician-gynecologist at Cedars-Sinai Medical Center in Los Angeles, determined that the fibroid, based on its location, was not yet a threat, so Mack became pregnant with a second child and later a third.

All three were healthy babies.

"We didn't want to risk infertility with surgeries to remove the fibroids," Mack says. "The goal was to get through the pregnancies."

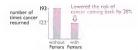
The fibroid, now the size of a large cantaloupe, triggered heavy and prolonged menstrual periods. Anemic and exhausted, Mack refused to have surgery and sought alternative treat-



Introducing Femara. After breast cancer, after tamoxifen, there's something more you can do to increase your chances of staying cancer free.

Clinical trial results from an international study involving over 5,000 postmenopausal women show that Femara greatly increased the chances of staying cancer free (that is, Femara reduced the risk of cancer returning by 38% compared to placebo).

Femara is approved for the extended adjuvant treatment of early breast cancer in postmenopausal women who are within three months of completion of five years of tamoxifien therapy. The benefits of Femara in the clinical trial are based on 24 months of treatment. Further follow-up will be needed to determine long-term results, including side effects.



In addition to increasing the chances of staying cancer free, Femara also significantly lowered the risk of breast cancer returning to another part of the body. For the thousands of women who've recently completed tamoxifen, Femara is more than hope, it's help.

Important Safety Information

You should not take Femara if you are pregnant as it may cause fetal harm. You must be postmenopausal to take Femara.

Commonly reported side effects are generally mild to moderate. Those seen more often with Femara versus placebo were host fastes (50% vs 43%), joint pain (22% vs 18%) and muscle pain (7% vs 5%). Other side effects, which were comparable to placebo. Include fatigue (34% vs 32%), swelling due to fluid retention (18% vs 16%), headache (20% vs 20%), increase in sweating (24% vs 22%) and increase in cholesterof (16% vs 16%).

Longer follow-up is needed to determine the risk of fracture associated with long-term use of Femara. The percentage of patients on Femara versus placebo reporting a fracture was 5.9% vs 5.5%. The percentage of patients reporting osteoporosis as 6.9% vs 5.5% Bisphosphonates, a class of drugs to help with bone strength, were given to 21.1% of Femara patients and 18.7% of placebo patients.

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MINICATION AND UTILITIES are passage leaves for the presenting internation of early breast cancer meropastes issues who have necessic 5 years of adjuvant for leaving leaves. Occurred Displays in the last presention enterpresent present of the present of adjuvant for leaving leaves and cancer is based on a marginal of disease-the same passage issues and adjuvant for leaves in the last present of the present of

Femars is indicated for first-line breatment of postmenopausal women with hermone receptor positive or hor locally advanced or metistatic breast cancer Femars a seo indicated for the treatment of advanced breast c women with disease progression following artisestrogen threapy.

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Regalds Insufficiency: Subjects with combosis and severe hepatic dysfunction who were dosed with 2.5 mg of Fernara assperimond approximately twice the exposure to fernación a healthy voluntiers with normal liver function. (See DOSASE AND ADMINISTRATION.) Diregulaevirstey Sest-Internations: None observed

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Preparance Programmer Category B (See WARRIMINGS)

Herstage Mechanic II is not known in districted in extraction in human milk. Because many drugs are excerted in human milk, caution should be serviced when introde is a deministrated to a running woman (new WARRIMINGS and PRECAUTICHS).

Prefettle Use: The safety and effectiveness is speciative published have not been restablished.

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Table 1: Perceptage of Patients with Adverse Events

| | | Nomber (%) h Grade 1- | | | Number (%) of Patients with Grade 3-4 Adverse Event | | | |
|-----------------------------|------|--------------------------|------|--------|--|-----------------|-----|--------------|
| | N-2 | ozele 1563 | H- | 2673 | Let | rozelo -2563 | Ma | eebs 2873 |
| Any Adverse Eveat | 2232 | (87.1) | 2174 | (84.5) | 410 | (16.3) | 389 | (15.1) |
| Vasceler Otserfere | 1375 | (53.8) | 1230 | (47.6) | 50 | (2.3) | 74 | 12.00 |
| Flushing | 1273 | (49.7) | 1114 | (43.3) | 3 | (0.1) | 0 | (0) |
| General Disordere | 1154 | (45.9) | 1090 | (42.4) | 30 | (1.2) | 28 | (1.1) |
| Asthenia | 852 | (33.6) | 826 | (32.1) | 18 | 10.61 | 7 | (0.3) |
| Edema NOS | 471 | (16.4) | 416 | (16.2) | 4 | (0.2) | 3 | (0.1) |
| Musculoskeletal Disordere | 976 | (36.2) | 835 | (32.5) | 71 | (2.8) | 50 | (1.9) |
| Arthralga | 585 | (22.9) | 485 | (16.1) | 25 | (1.9) | 20 | (0.6) |
| Arthres BOS | 173 | (8.7) | 124 | (4.8) | 10 | (0.4) | 5 | (0.2) |
| Mysicia | 171 | (6.7) | 122 | (4.7) | | (0.3) | 6 | (0.2) |
| Back Parn | 129 | (5.0) | 112 | (4.4) | Ä | (9.3) | 7 | (0.3) |
| Merygon System Disorders | 861 | (33.7) | 810 | (31.6) | 85 | (2.5) | 58 | (2.3) |
| Headache | 518 | (20.1) | 508 | (19.7) | 18 | (0.7) | 17 | (0.7) |
| Dizziness | 363 | (14.2) | 342 | (13.3) | 0 | (0.4) | | (0.2) |
| Skie Disorders | 830 | (32.4) | 787 | (33.6) | 17 | (9.7) | 16 | (0.6) |
| Sweating Increased | 619 | (24.2) | 577 | (22.4) | 1 | (40.1) | D | (9) |
| Gastroletestresi Disorders | 725 | (28.3) | 731 | (28.4) | 43 | (1.7) | 42 | (1.6) |
| Constinging | 290 | (11.3) | 204 | (11.6) | 8 | (0.2) | 2 | (+0.1) |
| Nausea | 221 | (8.8) | 212 | (6.2) | 3 | (0.1) | 10 | (0.4) |
| Distribea NOS | 126 | (5.9) | 143 | (5.6) | 12 | 19.56 | | (9.30 |
| Metabalic Clasedere | 551 | (21.5) | 537 | (20.9) | 24 | (0.9) | 32 | (1.2) |
| Hyperchoiesterciemia | 491 | (15.6) | 398 | (15.5) | 2 | (40.1) | 5 | (0.2) |
| Reproductive Glacotere | 303 | (11.6) | 357 | (13.9) | q | (9.4) | À | (0.3) |
| Vacanal Hemorrhage | 123 | 14.66 | 171 | (6.6) | 2 | (40.1) | 5 | (9.2) |
| Vulvovaginal Dryness | 137 | (5.3) | 127 | (4.9) | q | (9) | 0 | (0) |
| Psychiatric Disorders | 320 | (12.5) | 276 | (10.7) | 21 | 10.85 | 15 | (9.6) |
| Intomora | 140 | (5 6) | 120 | (4.7) | 2 | (<0.1) | 2 | (40.1) |
| Respiratory Disorders | 279 | (19.0) | 250 | (19.1) | 30 | (1.2) | 28 | (1.1) |
| Dysones | 140 | (5.5) | 137 | (5.3) | 21 | (9.6) | 16 | 10.71 |
| Investigations | 184 | (7.2) | 147 | (5.7) | 13 | (P.5) | 13 | (0.7) |
| infections and infectations | 166 | (6.5) | 163 | (6.3) | 40 | (1.6) | 33 | (1.3) |
| Renal Diserdere | 130 | (5.1) | 100 | (3.9) | 12 | (P.5) | - W | (0.2) |

The duration of follow-up for both the main clinical study and the bone study were insufficient to assess fractum risk associated we long-term size all introduces. Based on a modes follow-up of patients for 28 months; the incidence of clinical inscripes from the core accompand study in pointes with or receiver frames was 55 % (152) and packable was 55 % (142). The incidence of all-inposted consoporates was implient in patients with or receiver frames all 5% (178) than in patients with or receiver frames all 5% (178) that in patients with or receiver frames all 5% (178) that in patients with or receiver frames all 5% (178) that in patients with or receiver frames all 5% of frames and 16% of the patients with or receiver flames and 16% of the patients with or receiver flames and 16% of the patients with or receiver flames and 16% of the patients with or receiver flames and 16% of the patients with or receiver flames and 16% of the patients with or receiver flames and 16% of the patients with or receiver flames and 16% of the patients with or receiver flames and 16% of the patients with or receiver flames.

The incidence of cardiovascular ischemic ever Fernara 6.8% (175) and placebo 6.5% (167).

Preliminary results (median duration of follow-up was 30 months;) from the lipid sub-study did not show significant differences between the Fernan and placebo groups. The MOLLUL risk decreased after the first 6 months of therapy but the decrease was simi-les in both groups and no satisfactory significant differences was detected. A patient-reported measure that captures treatment impact on important symple a difference in favor of placebo for vasemotor and sexual symptom domains.

Figure 1 have Device 1. A both of 455 patients was treated for a medium time of supposes of 11 months. The incidence of all exemptions was startified for feature and attenuates. The most incidence of all exemptions were the startified for feature and startified. The most incidence is supposed, all exemptions to the startified feature in supposed, were both paint of the startified feature in supposed, supposed to the startified feature in supposed to the startified feature in supposed for the startified feature in supposed feature in suppose

diverse events, regardless of relationship to study drug. that were reported in at least 5% of the patients treated with Fernara 2.5 mg farmacities 20 mg in the first-line treatment study are shown in Table 2.

| Afveree Experience | Femara [®] 2.5 mg (N=455) % | 20 mg (N=455) | Adverse Experience | Femare [®] 2.5 mg (N=655) % | tarresifer 20 mg (H=455) |
|----------------------------|---|------------------|---------------------------|---|--------------------------------|
| Geograf Disordors | | | Injury, Poisantng and Pro | redural Complication | |
| Fatigue | 13 | 13 | Post-Mastectomy | | |
| Chest Pain | 6 | 8 | Lymphedema | 7 | 7 |
| Ederna Peripheral | 5 | | Metabelism and Nutrition | Disertiere | |
| Pain MOS | 8 | 7 | Anecessa | 4 | |
| Weakress | 6 | 4 | Museulophelatel and Coop | ective Tissue Discret | ers. |
| Investigations | | | Bone Pain | 22 | 21 |
| Weight Decreased | 7 | 5 | Back Pain | 18 | 10 |
| Vaccolar Disorders | | - | Arthralgia | 18 | 15 |
| Hot Flushes | 19 | 16 | Pain in Limb | 10 | 6 |
| Hyperlession | 6 | Ä | Nervous System Disorder | | |
| Sastrelatestical Oteophers | | | Headache MCS | | 7 |
| Nausea | 17 | 17 | Psychiatrie Disorders | | |
| Constinution | 10 | 11 | Inserna | 7 | 4 |
| Diarrhea | | 4 | Reproductive System and | Breast Diserders | |
| Vomiting | 7 | Ř | Brazet Pain | 7 | 7 |
| Infectioes/Infestations | | | Respiratory, Theracic and | Mediastical Disorder | |
| lefturoza | 6 | 4 | Dysonea | 18 | 17 |
| Usnary Tract | | | Cough | 13 | 13 |
| Intection NOS | | 3 | Chest Wall Pain | 8 | - 6 |

Other less languest (cSN) adverse experiences considered consequential for both treatment groups, included perspheral treatments, deficiencies versit, and treatmentscatcher were. An experience of the contract treatment of the

Sease-Line Parist Clears: Framer via generaty were transmiss and our connection contains.

2.7% of plant confirmation in the immigrated colors comprehen using for plants were than the propersion of lumnor occurred in 5180 (2.7% of plants on fermior 2.5 mg, set in 157% (2.7%) of bits passing on fermior 2.5 mg, set in 157% (2.7%) of plants on fermior 2.5 mg, set in 157% (2.7%) of plants on fermior 2.5 mg, set in 157% (2.7%) of plants on the immigration of plants on fermior 2.5 mg, set in 157% (2.7%) of plants on the immigration of plants of p Computings of the incidence of adverse events revealed no explantation differences between the high particular of the incidence of adverse events revealed no explantation differences between the high and law doke format proups in computing the incidence of the particular of the incidence of the particular of the part

review events, perfelless of relationship to study drug, that were reported in at least 5% of the patients treated with Fernara 0.5 mg, nava 2.5 mg, megestral acesso, or aminoglistethimide in the two controlled trials are shewn in Table 3. Table 3: Percentage (%) of Patients with Adverse Events

| Adverse Experience | Pooled Femary [®] 2.8 mg (N=359) | Peeled Femora [®] 8.8 mg (N=380) | megestral acetata 168 mg (N=189) | aminoglatethtnic 500 mg (N=178) % |
|-------------------------|---|---|--|--|
| Body se a Whole | | | | |
| Fatique | 8 | 6 | 11 | 3 |
| Chest Pain | 6 | 3 | 7 | 8 |
| Peripheral Edema* | 5 | 5 | 8 | 3 |
| Asthenia | 4 | 5 | 4 | 5 |
| Weight Increase | 2 | 2 | 9 | 3 |
| Certinyaccular | | | | |
| Hypertension | 5 | 7 | 5 | 8 |
| Dipostive System | | | | |
| Kausaa | 13 | 15 | 9 | 14 |
| Vomiting | 7 | 7 | 5 | 0 |
| Constigation | 6 | 7 | | 7 |
| Diarritea | 8 | 5 | 3 | 4 |
| Pain-Abdominal | 6 | 5 | 9 | 8 |
| Angressa | 5 | i | ś | 5 |
| Dyspecsia | 3 | 4 | 6 | 5 |
| Infections/felestations | | | | |
| Viral Infection | 6 | 5 | | 3 |
| Lab Absormality | | | | |
| Hypercholesterolomia | 3 | 3 | 0 | 6 |
| Musculoskelatal System | | | | |
| Musculoskaletal? | 21 | 22 | 30 | 14 |
| Arthraiga | A | Ā | A | 3 |
| Hervoce System | - | - | - | - |
| Headache. | | 12 | A | 7 |
| Sommoleton | 3 | 2 | 2 | 0 |
| Dizzinesa | 3 | 5 | 7 | 3 |
| Baspiretery System | | | | - |
| Dysprea | 7 | A | 18 | 5 |
| Coupling | ė. | š | 7 | i i |
| Skin and Accordance | - | | | |
| Hot Flushes | 6 | 5 | 4 | |
| Rashi | 5 | - I | 3 | 12 |

Vincludes peripheral edema, leg edeme, dependent edema, edema

Historius pergeriai waema, ing adorris, pepriorini doma, edorris Hechades riunticuloskielida (pain, skeletal pain, back pain, arm pain, leg pain Hincludes rash, erythemetous resh, maculopapular resh, psoriasiform rash, pare rash, vesicular rash

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(Indirect instruction, CFS) where septiments contraded consequental and care position and least 2 patient treated with Femax, and the position retired of the position of

DOBAGE AND ADMINISTRATION: Adell and Elderly Patients: The recommended dose of Fernanz® is one 2.5 mg tablet admi-price 6 day, without regard to meals.

No dose adjustment is required for elderly nations.

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Size at 25°C (77°F), occursons permitted to 15°00°C (\$8.40°F) (pat USP Certificals Room Temporature)

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ments for another eight years. She became a vegetarian and took herbal remedies. The pain subsided at times, but the fibroid didn't shrink.

At 41, Mack was experiencing severe anemia. Her choice was to have a hysterectomy. "I looked at all of the options," she says. "Although I had heard about all of the negative symptoms following a hysterectomy, it was the right decision for me. I also had a doctor I trusted and respected to get me through it."

Today, less than eight months after her surgery, Mack has no regrets. "My energy level is great," she says.

Each year more than 600,000 women get a hysterectomy—the surgical removal of all or part of the uterus. The procedure is the most common treatment for uterine fibroids. African-American women are three to five times more likely to have the non-cancerous tumors than White, Latino or Asian women. Black women also develop fibroids at an earlier age.

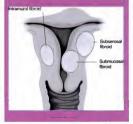
"The incidents of fibroids in African-American women is very high," says Robert Vogelzang M.D., chief of interventional radiology at Northwestern Memorial Hospital. "It's almost uncommon to find an African-American woman who does not have them."

Many women live with the benign tumors without any trouble while others develop severe symptoms ranging from heavy bleeding, anemia to chronic pain. The causes are still a medical mystery, but medical experts suspect that an increase in the hormone estrogen stimulates fibroid growth, which increases during pregnancy and decreases after menonause.

The good news is that women today have newer, less-invasive choices to treat fibroids. In some cases, the new treatments not only



Uterine Fibroid Embolization: The above diagram illustrates how the uterus-sparing procedure blocks blood flow to fibroids, causing the tumors to shrink and die. Below is a view of fibroids in the uterus.



allow a woman to maintain her fertility without incision, but they also shorten recovery time.

One of the newest technologies to date combines Magnetic Resonance Imaging with focused ultrasound that targets, heats and destroys the uterine fibroids without surgery. Approved last year by the Food and

Drug Administration, it is an outpatient procedure that works best on patients with small- to medium-sized fibroids. Most patients return to normal activities within three days.

The ultrasound technology is currently available at nine major medical centers throughout the country. Six sites nationally are seeking eligible African-American women for free clinical trials to determine the impact of the new technology on this population. (For more information on availability and sites conducting fibroid clinical trials, go to www.ebonv.com)

When U.S. Secretary of State Condolezza Rice underwent a relatively new Uterine Fibroid Embolization (UFE) procedure last year, thousands of women heard for the first time about an FDA-approved option that some doctors have been overlooking for decades, medical experts say. Most women are candidates for UFE, which is performed by an interventional radiologist.

"It's the best thing I ever did," says Maria Peel, 39, a Chicago sales trainer. "I have referred my sister and one of my school classmates who also suffered with fibroids"

Previously, doctors had recommended a hysterectomy and "never discussed alternatives," Peel says. After researching her options on the Internet, Peel learned about UFE. Since she had the procedure three years ago, her softball-sized fibroids have shrunken 90 percent.

"I found out I didn't need a hysterectomy," she says. "I would have been another statistic having an unnecessary surgery."

For UFE, the physician makes a



Dr. Gall Jackson, at Cedars-Sinai Medical Center in Los Angeles, demonstrates new technology using ultrasound waves and an MRI machine to treat fibroids. Technician Diane L. Tarver helps with the demonstration.

tiny nick in the groin and inserts a catheter into the femoral artery. Using real-time imaging, the physician guides the catheter through the artery and then releases tiny particles. the size of grains of sand, into the uterine arteries that supply blood to the fibroids. The procedure cuts off the blood supply to the fibroids and causes most, if not all, of them to shrink and die. It requires an overnight hospital stay and pain-killing medication. A woman can typically resume light activities in a few days and return to normal activities within 10 days. Gradual relief from symptoms occurs almost immediately and increases over time, doctors sav.

"This is now an accepted way to treat fibroids," says Dr. Vogelzang, one of the UFE pioneers. "Women, however, are not as aware of this uterine-sparing procedure and other less-invasive methods as they should be."

Dr. Vogelzang says his patients,

many of whom are African-Americans between ages 40 to 45, find their way to his office by word of mouth and the Internet after other treatments have failed, or when they are faced with a hysterectomy.

Medical experts reason that some physicians may not want to refer a woman to a radiologist for UFE. when they themselves can perform a hysterectomy and other methods for a substantially higher fee than the cost of the UFE procedure. Some gynecologists consider UFE experimental despite the fact that UFE has a 73 percent success rate over five vears and offers many benefits over conventional surgery, reports show. Clinical research, however, has not yet concluded that UFE is appropriate for women who want to become pregnant.

For other women wanting to preserve fertility, surgical options include a myomectomy, a more aggressive procedure that leaves the uterus intact. During a myomectomy, a surgeon removes medium- to large-sized tumors through a bikiniline incision just above the pubic bone. With the uterus free of fibroids, a woman may be able to conceive. The drawback is that fibroids are likely to reoccur over time.

"The perfect candidate for a myomectomy is a woman with a fibroid the size of a grapefruit," says Dr. Jackson. "A woman who has a uterus with numerous fibroids looking like a bag of cherries may not be a good candidate. "

Another fibroid treatment called laparoscopic surgery uses lasers inserted into the vagina to remove small tumors without an incision.

Among other options are medications that suppress the body's supply of estrogen, thus causing temporary menopause. As the blood flow to the uterus decreases, the tumors shrink. The treatment works only while the patient is taking the medications. Side effects may include hot flashes, vaginal dryness and bone loss. Physicians usually don't prescribe the treatment for more than six months.

Birth control pills, herbs and other hormone-based drugs may help control fibroid bleeding, but their medical benefits are unclear. Consult with a physician first.

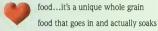
Dr. Jackson in Los Angeles says choosing the best fibroid treatment is not clear-cut and depends on the woman's age, location and number of fibroids, size of the uterus and the patient's comfort level. "I really like to listen to the patient and what her desires are," Dr. Jackson says. "I don't limit treatments to age. I look at the women's quality of life."

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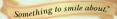
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What Every Woman Should Know About **Mental Health Ailments**

By Lynette R. Holloway

INDING lately that you are
too blue to get
out of bed, let alone get
dressed and go to work?

How about food? Eating more or less? What about steep—too much or too little? Does the slightest provocation trigger tsunami-like mood swings? And do the unflinching demands of daily life, such as showering, cooking and cleaning, seem like insurmountable tasks? Have any of these symptoms persisted for weeks on end?

If you've answered yes to any combination of the above questions, you may be experiencing some form of depression and should seek professional help, mental health experts say.

You are not alone, especially if you are an African-American woman. Clinical depression is a serious medical illness that has a 15 percent chance of affecting a person during his or her lifetime. That figure is perhaps as high as 25 percent for women, according to the Diagnostic Statistical Manual of Mental Disorders, the reference guide for mental health professionals.

Higher rates of clinical depression among women may be linked to stress from work, family responsibilities, the roles and expectations of



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BUT NOT ONE FOR HOW TO BE A PATIENT.



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Do your homework. Gather as much trustworthy information as you can on your condition.

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Have key information with you, including your medical and medication history.

Take a notebook, ask questions and double-check your notes for accuracy.

At United Health Foundation, we believe that the more you, know, the healthier you will be. Which is why we partnered with the NATIONAL PATIENT SAFETY FOUNDATION* to bring you these important health tips. We encourage you to get more involved in your care, to seek out information and to always make sure that the information you use comes from a reliable, evidence-based source. To find out more on this and wheir important topics, visit LMFRiso, or with VIETNESS or the VIETNE



United Health Foundation

MENTAL AILMENTS

women and increased rates of sexual abuse and poverty, researchers say. Other factors such as diet, hormones, genetics and other biological differences (premenstrual syndrome, childbirth, infertility and menopause) also are thought to play a role in depressive illnesses.

But despite the huge toll mental disorders exact on the lives of its sufferers, only a small percentage of Black women who suffer from depression and other ailments receive any treatment.

Shame, embarrassment, fear of being labeled "crazy," the disparity in health care, and lack of insurance coverage are just a few of the reasons many African-American women do not seek professional help for mental health issues. But failure to seek treat-

ment for any form of mental illness can result in a recurrence of the disease-yes, it is a disease-and a litany of other troubles, including hospitalization, substance abuse, economic wees, isolation, and

ultimately suicide.

"True, there was a time—happily, a time past
—when mental illness was used as an excuse
to shackle those of us who listened to a different drummer," writes Marilyn Martin, M.D.,
M.P.H., in Saving Our Last Nerves: The Black
Woman's Path to Mental Health. "The result
was that many Black women are afraid of
the mental health care industry, and buckling under pressures we could have handled if we'd had a little help..."

In some cases, women do not realize that they are experiencing symptoms of mental illness. Some visit the doctor, complaining of headaches, back pain and other ailments. Others go to church, thinking that their spirituality needs rebuilding. Indeed, church can help, but mental health experts say that church and spirituality are not a cure-all. Mental health experts such as James E. Savage Jr., Ph.D., president of the Association of Black Psychologists, are working hard to educate African-Americans about the importance of seeking help.

"We are trying to debunk the myths and remove the stigma surrounding mental health that prevents us from receiving good mental health services," says Dr. Savage, president of the Institute for Life Enrichment, an outpatient mental health clinic with several offices in the Washington, D.C.-area. "We need to inform the community that they have rights

D.C.-area. "We need to inform the community that they have rig to certain [mental health] treatments."

Crying spells, alone or in public spaces—especially when you are trying to have fun—may be a sign of depression, or the result of a panic disorder. Consult a mental health professional if you experience such emotional swings.

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Besides depression, other forms of mental illness include psychotic disorders such as schizophrenia, which is diagnosed when a person has two or more of these symptoms for more than a month: delusions, hallucinations, extreme paranoia and disorganized speech. Further, a person suffering from the disease

HERE ARE BRIEF DESCRIPTIONS OF SOME COMMON FORMS OF MENTAL AILMENTS THAT OFTEN AFFECT BLACK WOMEN:

 BIPOLAR DISORDER, OR MANIC-DEPRESSIVE ILLNESS, is marked by periods of major depression and periods of mania, according to the National Institute of Mental Health (NIMH). Symptoms of mania include abnormal highs accompanied by at least three of the following symptoms: overly inflated self-esteem, racing thoughts, distractibility, increased talkativeness, decreased need for sleep, physical agitation, and excessive involvement in pleasurable activities that have high potential for painful

consequences.



Chronic headaches, among other debilitating physical ailments, may be a symptom of depression or panic disorder. If you constantly are in pain, see your doctor.

POSTPARTUM DEPRESSION was thrust into the media spotlight recently when Tom Cruise criticized Brooke Shields for taking medication to treat the condition. And few can forget the story of Andrea Yates, who had a previous history of postpartum depression and admitted to the drowning deaths of her five children in 2001. The disorder is characterized by depressive symptoms that begin within four weeks and up to a year after birth. The condition causes a mother to experience sadness, bouts of crying, moodiness, loss of interest in activities she once enjoyed, and she displays little interest in the baby. The mother may be overwhelmed by feelings of shame and guilt, suffer from sleep and appetite disturbances, as well as marital discord, says Helen Davis Gardner, M.D., a board certified psychiatrist in the Chicago area who specializes in women's mood disorders.

"Many mothers remain silent about what they're going through out of fear that they may be perceived as a 'bad mother,' " says Dr. Gardner. "In fact, they are suffering on the inside, hanging on by a thread and yet are told: 'Snap out of it! Those feelings will pass.' But failing to seek treatment increases the risk of future episodes of depression."

Postpartum depression, Dr. Gardner says, is different from what is commonly called "the baby blues," a bout of sadness that affects up to 90 percent of all new mothers after childbirth.

PANIC DISORDER is diagnosed when a person experiences recurrent
panic attacks, at least one of which leads to at least a month of increased
anxiety or avoidant behavior, according to NAMI. Diagnosis comes after a
person experiences at least four of the following symptoms during a panic
attack: sweating, choking or smothering sensations, racing heart, labored
breathing, trembling, chest pains, faintness, numbness, nausea, disorientation, and feelings of losing one's mind, dying or losing control. Panic attacks
typically last about 10 minutes, but may be a few minutes shorter or longer.

"These are all things that can be treated," Dr. James E. Savage Jr. says of the range of mental illnesses. "We want people to know that they do not have to live with these symptoms."

may experience disorganized or catatonic behavior, lack feeling and lose ability to function at work.

"The voices and delusions are frightening," writes Dr. Martin, the author. "The rate of suicide for people with schizophrenia approaches that of those with depression."

If you, or someone you know, are suffering from symptoms of mental illness, it is important to seek help. If you don't know where to begin, start with your primary care physician or your pastor; both can refer you to a mental health professional.

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MAN ESTATIONED CONTROLLED CONTROL

Taking A Look At

Reproductive Health

T the very moment you got your first visit from "Aunt Flow," chances are yound mom had "the talk." You know, the uncomfortable conversation about your body and sex. Yet mom probably didn't break down the nature of a chlamydial infection or what happens during menopause. So by the time you had your first Pap smear, you weren't as knowledgeable about reproductive health as you should have been.

"For African-American women, reproductive health is paramount and is extremely important because we seem to be impacted more, particularly by

HIV," says Dr. Ronda Snowden, obstetrician/gynecologist and assistant professor of obstetrics/gynecology at Albert Einstein College of Medicine in New York.

While some women think about reproductive health only when they want to have—or not have—a baby, there are other issues that Black women need to be aware of, including sexually transmitted diseases (STDs), birth control and hormone-replacement therapy.

It's a fact that HIV is spreading rapidly among African-American women, but there are other STDs that are affecting Black women. Chlamydia and gonorrhea are two of the most commonly reported STDs in the U.S. In 2003, the
rate of chlamydia among Black women was seven times higher than that of White females, according to the Centers
for Disease Control and Prevention (CDC). In that same year, the rate of gonorrhea in Blacks was close to 20 times higher than for Whites. While the statistics may sound alarming, some experts say the numbers are skewed. "I think that

is a reflection of a lack of health-care for our population," says Dr. Cyd Williams, obstetrician/gynecologist in Atlanta. "For many young African-American girls who do not have access to private practitioners, they go to clinics for that type of care—as they should," she explains. "That's where those statistics are coming from."

Although there is growing focus on chlamydia, there are at least two other viruses that are more common than most might think, including genital herpes and human papillomavirus (HPV). At least 45 million people are infected with genital herpes and nearly 20 million people are infected with HPV, according to the CDC. "It's far too common now that I am doing serology tests on women who have no idea that they have ever been exposed to herpes," says Dr. Williams.



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Annual medical tests for women should include a Pap smear, pelvic exam and an STD screening, doctors say.

With both genital herpes and HPV, symptoms are rare. Genital herpes is caused by the herpes simplex viruses HSV-1 and HSV-2. If symptoms do appear, they usually are in the form of blisters around the genitals or rectum. There are more than 100 different strains of HPV—more than 30 are transmitted sexually. When symptoms occur, they appear as single or multiple bumps in the genital area, also referred to as genital warts. Even if you show no signs of either virus, you can spread it to others through sexual contact. And unlike bacteria that cause chlamydia and gonorrhea, there is no cure for the viruses that cause herpes and HPV. 'Once you contract a virus, it is yours for life, and all that we can generally do is treat the way the virus manifests itself" says Dr. Williams.

While many STDs go unnoticed, there can be complications if one goes untreated for a prolonged period of time. One of the most serious complications of chlamydia and gonorrhea is pelvic inflammatory disease. This infection of the upper genital tract can affect the uterus, ovaries and fallopian tubes, and can cause scarring and possible infertility. HPV can lead to cervical cancer.

BIRTH CONTROL METHODS UNDER SCRUTINY

In the last couple of months, more focus has been directed to the abortion pill and the birth control patch. The Food and Drug Administration (FDA) issued a healthy advisory last July for mifepristone, also known as RU-486. The FDA

"Sixty-five million people are currently living with an incurable STD," according to the CDC.

disclosed that there were risks of sepsis, or severe blood infection, if the drug is not used properly. Four deaths linked to the drug were reported to the FDA within the past two years. RU-486 is used to abort early pregnancies, meaning 49 days or less. It works by blocking the pregnancy hormone progesterone and induces contractions.

The very popular birth control patch gained more scrutiny after an 18-year-old woman collapsed in a Manhattan subway station last year and later died. The birth control patch works much like the birth control pill, but releases hormones directly into the bloodstream.

Doctors say heavy bleeding is a normal side effect when using RU-486, and blood clots and strokes are known risks for using the patch, says Dr. Angelyn Thomas, an obstetrician/gynecologist in Oakland, Calif. "With any type of medication, there are always going to be people who have complications," she says. The key is fully sharing your medical history with your physician and understanding your risks, explains Dr. Thomas.

HORMONE REPLACEMENT THERAPY

Hormone-replacement therapy (HRT) was at one time very popular for women who could not deal with the hot flashes, vaginal dryness, night sweats and other menopausal symptoms. Now more women are thinking twice

Reproductive Health

about HRT after a 2002 study by the Women's Health initiative. The study revealed that after five years of HRT, more women developed breast cancer, heart attacks, strokes, and blood clots in the leg and lungs. "If used under the supervision of a physician, it can be really helpful, but as a short-term solution," says Dr. Thomas. Most menopausal symptoms get better within two to five years, she adds.

While some women turn to soy products, many soy products aren't effective for Black women, explains Dr. Snowden. "We're not an Asian culture; we don't have soy in our diet from the beginning. So you can't pile it on in menopause and expect it to work," she says.

There are other plant-based natural products that help with the various menopausal symptoms. There are also vaginal creams, tablets and a vaginal ring that specifically treat vaginal dryness. Whatever method you decide,

talk with your gynecologist about the options that may be best for you.

TAKE CARE OF YOUR BODY

Taking care of your reproductive health is critical throughout your life. Most experts suggest that you see a gynecologist at least once a year for a Pap smear, pelvic exam and STD screening, especially if you are sexually active. "A lot of the issues that women have later in life start in their reproductive years," says Dr. Thomas. At whatever stage of womanhood you are in, the key is building a solid relationship with your obstetriciar/gynecologist and educating yourself about your body. "It's important in any doctor-patient relationship that you have a comfort level where you can approach them and get a good feeling of your health and health risks," says Dr. Williams.

-Monica Jones

Breakdown of STDs

| STDs | Caused by bacteria or virus? | Symptoms? | is there a Cure? | Complications, if not treated? |
|----------------------------------|--|--|--|--|
| CHLAMYDIA | Bacteria, Chlamydia trachomatis | Puinful ur retion väginal rischarge | | Constant Million tubes, assues privacial harmonery measure and marring |
| GONORRHEA | | Thick, our offense charge from urethra, anal discharge or im- tation, fever and abdomnal pein | | Construction (Mapon types to assign and interpretary disease and interpretary |
| GENITAL HERPES | Virus Herpes Simplex Virus-1 or Herpes Simplex Virus-2 | Pain or fitching in genital aree, water bliste or own sores, genital sores can be present inside the vagina | No but an arriver I autiousity on be unrealised to help with sympothics and suppress virus | Can be yorked to interest if you disable and our nelf federate the trans-moment of HV because of brooks in the akin |
| HUMAN PAPILLOMAVIRUS (HPV) | Virus, more than 30 different strains | Watt growths on genitals anus often flesh-colored | No, but made don con be prescribed to the of the warts | In makes not of printy constant of mide in help feet in the train- mission of HIV between or breaks in the don |

EBONY • October 2005



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Health Hotline

eart disease, the No. 1 killer of women, is no longer considered a man's disease. New research suggests that the death rate among women who have heart disease is higher than that for men. After menopause, women begin to develop heart disease and die as a result of it the same rate as men. Black women are more likely to die of heart disease than White women, and surprisingly, women are twice as likely to die from heart disease than any form of cancer. Recently, medical researchers concluded that at least 40 percent of African-Americans have some form of heart disease

Heart disease is a group of diseases of the heart and the blood vessel system within the heart. Every year, more than 900,000 people die of heart disease; another 1.3 million Americans will experience a nonfatal heart attack. The most

Heart Disease prevalent form is

coronary heart dis-

ease, which affects the coronary arteries or blood vessels within the heart, often causing angina (chest pain) and heart attacks. To prevent heart disease, doctors recommend daily exercise, and eating a diet that is low in saturated fat, cholesterol and sodium.

According to the National Institutes of Health (NIH). women often suffer symptoms of heart disease up to a month before experiencing a heart attack. Unlike men, women usually do not experience pressure or pain in the chest during a heart attack. Women tend to have several different physical warning signs of heart damage, including pain in the upper back, chest, neck and jaw, nausea, vomiting, unexplained fatigue, dizziness, cold sweats, anxiety and shortness of breath. Medical experts currently are studying women who previously suffered from heart attacks in an attempt to find predictable patterns of heart disease symptoms.

One new development in the fight against heart disease is the drug called BiDil, a drug to treat heart failure in Blacks, making it the first medicine ever approved for a specific racial group. According to researchers, heart failure is more common in Blacks and other people who are 65 and older. Additionally, statistics say Blacks are likely to develop heart failure symptoms at an earlier age, experience worsening heart failure faster, and they are more likely to die from heart failure than other groups.

Colorectal Cancer

tatistics for colorectal cancer and African-American women are alarming. It is the second most common cancer among Black women. Only breast cancer affects more Black women, according to the American Cancer Society, which reports that an estimated 16,090 cases of colorectal cancer will occur among African-Americans this year.

Many women don't know what colorectal cancer is or how to prevent it. The disease affects the inner lining of the colon or rectum and arises from benign polyps (abnormal masses of tissue) that develop in these areas. Its symptoms, which don't usually manifest until the disease is at a late stage, include changes in bowel habits, blood in the stool, problems related to blood loss (including anemia), fatigue, shortness of breath, racing heart or chest pain and abdominal discomfort.

Doctors say alcohol consumption, obesity, cigarette smoking and diets high in cholestorol, and low in fruits and vegetables all put Black women at a greater risk for colorectal cancer.

The good news is that colorectal cancer is highly treatable when detected early through an annual digital rectal exam, or a colonoscopy, which examines the rectum and colon using a lighted instrument. Medical professionals encourage everyone, including Black women, to get screened at the age of 40. Those with a family history of the disease should have a colonoscopy sooner—at least every 3 to 5 years.

Medical experts say women can lower their chances of getting the disease by exercising reqularly, and eating plenty of fresh fruits and vegetables, including foods rich in omega-3 fatty acids and calcium.

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WOMEN'S HEALTH

or about a year, Denise Roberts noticed something was wrong with her body. "I was fatigued, I had dark circles appearing under my eyes that couldn't be covered with makeup and my hair was coming out in handfuls," says the California resident. Her grandmother had died of breast-cancer after having a mastectomy, her brother died from leukemia and her aunt was a 17-year breast-cancer survivor.

She decided to get a mammogram. Doctors noticed an abnormality and did a biopsy, but later told her every-thing was fine. Roberts' husband, an orthopedic surgeon, was worried and decided to get a second opinion. "That second opinion literally saved my life," says Roberts, founder and president of The Denise Roberts Breast Cancer Foundation.

The results showed that Roberts did indeed have breast cancer in her right breast. Today, she's an 18-year breast-cancer survivor.

For many women, just hearing the

words "breast cancer" evokes strong emotions—mainly fear. More than 19,000 new cases of breast cancer are
expected to occur among African-American women this
year, according to the American Cancer Society. Breast
cancer is the second most common cause of cancerrelated death among Black women, surpassed only by
lung cancer, according to the American Cancer Society.
Studies suggest that Black women die at a greater rate
because oftentimes detection occurs later when tumors
are in more advanced stages, thus limiting treatment
options.

Doctors say the key to battling breast cancer is early detection. Experts recommend that women 40 years and older get a mammogram and have a clinical breast examination once a year. Women between ages 20-39 are encouraged to conduct breast self-exams as well as get a clinical breast examination every three years. Younger Black women need to be particularly aware of the disease, says Roberts. The incidence of breast cancer among Black women under 40 is higher than that of White women, according to the American Cancer Society. "We are fighting every day in this foundation to get the rules changed about taking care of women under the age of 40," says Roberts, "There are all kinds of programs that will pay for Sisters, 40 and over, who don't have insurance, but there are maybe one or two for Black women under 401."

Health Hotline

One group of researchers from the Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center looked at the link between ethnicity and breast cancer and found that one reason the mortality rate is so high is because of the differences in risk factors and biological makeup in Black women. The researchers discovered that more White women tend to get breast cancer because they are more likely to drink alcohol or use hormone-replacement therapy, both which increase a woman's risk of developing the disease. Researchers also examined tumor characteristics and discovered that it was more common for Black women to have highgrade aggressive tumors and tumors without estrogen receptors. Those types of tumors are more difficult to treat. African-American women also tend to have dif-

ferent mutations in the BRCA1 and BRCA2 genes (short for breast cancer 1 and breast cancer 2). Both genes work to suppress tumors, but when there is a mutation, the genes don't properly suppress cancer or abnormal growth.

In another study, researchers at Columbia University have discovered that substantial weight gain, especially after age 50 can increase a woman's risk of developing breast cancer. The study looked at nearly 2,000 women, some with and some without breast cancer, and women age 50 and older who gained 25 pounds or more were 62 percent more likely to develop breast cancer. The study also showed that women over the age of 20 who gained more than 33 pounds had a 60 percent greater risk of developing breast cancer. Compared to

Breast Cancer

According to the researchers, there is a link between breast cancer and weight because excess body fat may elevate estrogen levels. It is believed that both estrogen and progesterone can fuel the growth of some breast tumors.

women over 20 who maintained a stable weight.

While simply thinking about breast cancer may be frightening, Black women, both young and older, should continue to educate themselves about the disease, advises Roberts. "We're still looked upon as women of color, and we're not a priority unless we make ourselves a priority," she says. "What every Sister has to understand if those words come back 'you have breast cancer' is don't go in the space of 'I'm going to die.' Go into that space of 'I've got to fight, and let me find people that will help me."



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A **Q&A** on Breast Cancer Recurrence

Breast cancer is the most common cancer among women, according to the American Cancer Society. There are currently more than 2 million women living in the U.S. who have been diagnosed with the disease. Edith P. Mitchell, M.D., clinical professor of medicine of the division of medicial noclogy at Thomas Jefferson University in Philadelphia talked with EBONY about Preast cancer recurrence and treatment options for women who have fought—and continue to fight—to survive.

Q: How common is it for breast cancer to recur?

A: There is between a 20 to 50 percent risk that breast cancer can come back. However, with early screening and taking treatment after surgery, we find fewer recurrences from breast cancer.

Q: Where in the breast does breast cancer usually recur?

A: Recurrence does not usually recur in the breast. The primary management of breast cancer usually eliminates cancer from the chest wall and from the breast itself. Recurrences usually occur in other areas such as the bones, the lungs, the liver or the brain.

Q: When is recurrence likely to happen?

A: Women's risk of recurrence is highest in the five years immediately following diagnosis, peaking within the first three years. Yet recurrences can occur many years after the initial treatment of breast cancer.

Q: What increases the possibility of breast cancer returning?

A: By far, the most important predictive factor is whether or not there is the spread of tumor or cancer to lymph nodes under the arm. Other risk factors include the size of the tumor. Then you have to look at the presence or absence of hormonal receptors on the breast cancer. Tumors that have high levels of either estrogen or progesterone receptors have a decreased chance of recurrence.



UNDERSTANDING RISKS OF BREAST CANCER RECURRENCE

REAST cancer is the most common female cancer in the United States. Among African-American women, breast cancer occurs at a lower rate than it does for White women, but Black women have a higher death rate, according to Edith P. Mitchell, M.D., clinical professor of the division of medical oncology at Thomas Jefferson University in Philadelphia. Mitchell is co-author of Racial Differences in Cancer: A Comparison of Black and White Adults in the United States, a new study in the Pfizer Facts series.

After a breast cancer diagnosis, surgery can remove as much cancer as possible, though some cancer cells may remain in the patient's body and continue to multiply. This does not happen to everyone, but when it does, it is called recurrence, Mitchell savs.

"The most frequent time of recurrence is in the first two years after treatment of breast cancer," Mitchell says. Overall, 30 percent of women cancer patients nationally do not experience recurrence within five years, research shows.

Doctors consider a number of factors when attempting to assess the risk of breast-cancer recurrence. The most useful way to assess risk for recurrence is to see if cancer cells are present in the lymph nodes in the underarm area, Dr. Mitchell says. Women with cancer cells in the lymph nodes are more likely to experience a recurrence than women who do not.

Doctors also use other factors to assess the risk for recurrence—

tumor size (the smaller the tumor, the lower the risk), cell growth (cancer cells that grow more slowly are linked to a lower risk for recurrence), and the look and shape of cells under a microscope (the more a cancer cell resembles a normal cell, the lower the risk for recurrence).

The presence of hormone receptors in the tumor cells is also important. When these receptors are present, the tumor cells depend on hormones such as estrogen or progesterone for growth. Women whose tumors are hormone-receptor-positive have a lower risk of recurrence than women whose tumors are hormone-receptor-positive have a lower risk of resurrence than women whose tumors are hormone-receptor-negative.

Physicians provide various anticancer treatments after surgery in an attempt to destroy cancer cells that may have broken away from the breast tumor and spread to other parts of the body.

To eliminate any remaining tumor cells in the body and to decrease the likelihood that the cancer will return, chemotherapy and/or hormonal therapy are often recommended as adjuvant treatment after either mastectomy or breast-conserving treatment.

Advances in adjuvant therapies have decreased the risk of death related to breast cancer by 20 to 30 percent, and can increase the chance of curing breast cancer, studies show.

Understanding your risk for recurrence may seem complicated, so talk to your doctor to learn about the risks and all of your treatment options.



RIMIDEX, in the largest-ever breast cancer treatment study, significantly reduced the risk of breast cancer returning compared with tamoxifen in postmenopausal women with hormone receptor-positive early breast cancer. These results represent a preliminary comparison with tamoxifen from this ongoing clinical trial. Findings are based on study results from patients taking ARIMIDEX (at the time of this analysis half of the patients had been treated for 21/2 years or more and half had been treated for less than 21/2 years) as treatment following surgery with or without radiation. Further follow-up of patients in this study will be required to determine long-term results, including side effects and survival.

Additional findings: Fewer women taking ARIMIDEX had hot flashes, vaginal bleeding, vaginal discharge, blood clots, strokes, and uterine cancer compared with those taking tamoxifen. However, women taking ARIMIDEX had a higher rate of joint problems and fractures, including spine, hip, and wrist fractures, than women taking tamoxifen.

Important safety information: Do not take prescription ARIMIDEX if you are pregnant because it may harm your unborn child. You must be postmenopausal to take ARIMIDEX. The most common side effects seen with ARIMIDEX vs tamoxifen in the early breast cancer study are hot flashes (35% vs 40%), joint problems (30% vs 24%), weakness (17% vs 16%), mood changes (17% vs 17%). pain (15% vs 14%), nausea and vomiting (11% vs 11%), and sore throat (12% vs 12%). ARIMIDEX should not be taken with tamoxifen or estrogen-containing therapies.

CONTRAINDICATIONS: ARIMIDEX is contraindicated in any patient who has shown a hypersensitivity reaction to the drug or to any of the excipients.

any of the excluded.

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indirect D2 polyuphop intend 3 home the recommended human does on a high beat. These is not deplayed and ordered and the property of the polyuphop intended and the property of the polyuphop of

Table 7 - Adverse events occurring with an incidence of at least 5% in any treatment group during treatmen

| or within 14 days of the end of treatment Number (%) of patients | | | | | | | |
|---|---|---|---|--|--|---|--|
| Number (%) of patients ARIMINEX | | | Numb | ARIMINEX | | | |
| Body system and adverse event by CDSTART-preferred term* | ARIMIDEX 1 mg (N=3092) | Tamoxilen 20 mg (N-3093) | 1 mg plue Terressites 20 mg (N=3098) | Body system and adverse event by COSTART-preferred form | ARIMIDEX 1 mg (N=3092) | Temaxites 20 mg (N=3093) | 1 mg plus Tomositen 20 mg (N=3098) |
| Body as a whola Astheria Pain Back Pain Headache Abdomnal Pain Infection Accidental Injury Flu Syndrome Chest Pain Cardiovascular Vasodilatation | 512 (17) 461 (15) 256 (8) 277 (9) 223 (7) 223 (7) 221 (7) 154 (5) 164 (5) 1082 (35) 292 (9) | 491 (16) 435 (14) 256 (8) 216 (7) 228 (7) 225 (7) 221 (7) 170 (5) 122 (4) | 468 (15) 407 (13) 258 (8) 214 (7) 219 (7) 211 (7) 226 (7) 170 (5) 152 (5) | Musculoskeletal Arthritis Arthritis Arthritis Arthritis Costroportals Fracture Bone Pain Arthrosis Nerveus System Depression Insommu Deziness Anostry | 431 (14) 390 (13) 229 (7) 219 (7) 165 (5) 179 (6) 348 (11) 266 (9) 196 (6) 168 (5) 195 (6) | 344 (11) 251 (8) 161 (5) 137 (4) 149 (5) 136 (4) 341 (11) 245 (8) 207 (7) 157 (5) 116 (4) | 364 (12) 265 (9) 174 (6) 178 (6) 143 (5) 119 (4) 342 (11) 227 (7) 190 (6) 140 (5) |
| Hypertension Digestive Nausea Constipation Diarrhea | 307 (10) 201 (7) 227 (7) | 252 (8) 298 (10) 214 (7) 186 (6) | 270 (9) 324 (10) 232 (7) 193 (6) 156 (5) | Paraesthesia Respiratory Pharymotis Cough increased Dyspinea Skin and Appendages | 195 (6) 376 (12) 212 (7) 186 (6) | 359 (12) 237 (8) 185 (6) | 120 (4) 350 (11) 203 (7) 175 (6) |
| Dyspepsia Gastrointestinal Disorde Hemic and Lymphatic Lymphoedema | 155 (5) 267 (9) | 137 (4) 122 (4) 299 (19) | 127 (4) 296 (19) | Rash Sweating Urgoenital | 300 (19) 121 (4) | 331 (11) 165 (5) | 326 (11) 142 (5) |
| Metabolic and Metrision Peripheral Edema Weight Gain Hypercholesteremia | 255 (8) 253 (8) 210 (7) | 275 (9) 250 (8) 79 (3) | 281 (9) 264 (9) 72 (2) | Unrary Tract Infection Breast Pan Valvoyagentis | 75 (2) 192 (6) 205 (7) 180 (6) | 265 (9) 252 (8) 136 (4) 134 (4) | 277 (9) 228 (7) 182 (6) 134 (4) |

-ryperunensesterma 2(IU (f): 79 (3): 72 (2): Vehronignists: 368 (6): 35 (4)

COSSMAT Coding Symitods for Thissatture of Advantation Terms. In-Humburstor of patients receiving the treatment
A patient may be not dimner bank a laborate event, including more than a laborate event in class body systems. In the case body systems. (100 Fe/31) with a laborate event in case body systems. (100 Fe/31) with a laborate event in case body systems.

construction (1975).

The construction of adverse needs every conjugate of the configuration of the configuration (1975) and the first models received and configuration (1975) and the configuration (1975) and configuratio

Table 8 - Number (%) of patients with Pre-specified Adverse Event in ATAC Trial

| | N=3092 (%) | N+3893 (%) | Deds-Ratio | 95% CI |
|-----------------------------------|------------|--------------------|------------|-------------|
| All Fractures | 224 (7) | 145 (5) | 1.59 | 1.28 - 1.97 |
| Fractures of Spine, Hip, Wrist | 89 (3) | 62 (2) | 1.45 | 1.04 - 2.04 |
| Musculo-skeletal Disorders1 | 940 (30) | 737 (24) | 1.41 | 1.28 - 1.55 |
| Ischemic Cardiovascular Disease | 92 (3) | 737 (24) 74 (2) | 1.25 | 9.91 - 1.72 |
| Astheria | 513 (17) | 491 (16) | 1.05 | 0.93 - 1.20 |
| Nausea and Vomitino | 348 (11) | 342 (11) | 1.02 | 0.88 - 1.19 |
| Mood Disturbances | 521 (17) | 511 (17) | 1.02 | 090 - 1.16 |
| Cataracts | 128 (4) | 140 (5) | 0.91 | 9.71 - 1.17 |
| Hot Flashes | 1082 (35) | 1246 (40) | 0.80 | 0.73 - 0.87 |
| Venous Thromboembolic Events | 73 (2) | 120 (4) | 9.60 | 0.44 - 0.81 |
| Deep Venous Thromboembolic Events | 40 (1) | 60 (2) | 9.66 | D.43 - 1.00 |
| Ischemic Cerebrovascular Event | 40 (1) | 60 (2) 74 (2) | 0.53 | 9.35 - 0.80 |
| Vaginal Bleeding | 147 (5) | 270 (9) | 0.52 | 0.42 - 0.64 |
| Vaginal Discharge | 94 (3) | 378 (12) | 0.23 | 0.18 - 9.28 |
| Endornetnal Cancer | 3 (0.1) | 15 (0.5) | 9.20 | 9.04 - 0.70 |

The production of the producti

| | Number (% |) of Subjects | Table 9 | Number (%) of Subject | | |
|-------------------------------|--------------------------------------|--------------------------------------|----------------------------|--------------------------------------|--------------------------------------|--|
| Body System Adverse Event* | ARIMIDEX (n=506) | Tamoxiten (n=S11) | Body System Adverse Events | ARIMIDEX (n=506) | Tamaxiten (n=511) | |
| Whole body | | | Metabolic and Nutrition | | | |
| Asthenia | 83 (16) | 81 (16) | Peripheral Edema | 51 (10) | 41 (8) | |
| Pain | 70 (14) | 73 (14) | Museuloskoletzi | | 4-7 | |
| Back Pain | 60 (12) | 73 (14) 68 (13) | Bone Pain | 54 (11) | 52 (10) | |
| Headache | 47 (9) | | Meryous | | | |
| Abdominal Pain | 40 (8) | 38 (7) | Dizziness | 30 (6) | 22 (4) | |
| Chest Pain | 40 (8) 37 (7) 35 (7) 23 (5) | 38 (7) 37 (7) 30 (6) 30 (6) | Insomna | 30 (6) 30 (6) 23 (5) 16 (3) | 22 (4) 38 (7) 32 (6) 26 (5) | |
| Ru Syndrome | 35 (7) | 30 (6) | Degression | 23 (5) | 32 (6) | |
| Pelvic Pain | 23 (5) | 30 (6) | Hypertonia | 16 (3) | 26 (5) | |
| Cardiovascular | | (-) | Respiratory | 14 (44 | (-) | |
| Vasodilation | 128 (25) | 106 (21) | Cough Increased | 55 (11) | 52 (10) | |
| Hypertension | 25 (5) | 36 (7) | Dysonea | 51 (10) | 47 (9) | |
| Digestive | | | Pharynoris | 49 (10) | 47 (9) 68 (13) | |
| Nausea | 94 (19) | 106 (21) | Skin and Appendages | | | |
| Constigation | 47 (9) | 66 (13) | | 38 (8) | 34 (8) | |
| Diacrhea | 40 (8) | 33 (6) | Urogenital | | | |
| Vomnico | 47 (9) 49 (8) 38 (8) | 66 (13) 33 (6) 36 (7) | Laukorrhea | 9 (2) | 31 (6) | |

Vonning 50 (5) 30 (7) 4

| ause of elien pharmaco | Tab | le 10 - Number (n. | and Percentage of Patients | | | ş. |
|---|---------------------------------------|--|--|---|--|----|
| | ARIMIDEX 1 mg (n=506) | NOLVADEX 20 mg (n=511) | | ARIMIDEX 1 mg (n=505) | NOLVADEX 20 mg (n=511) | |
| erse Event Groupa | n (%) | n (%) | Adverse Event Groups | n (%) | n (%) | - |
| ression nor Flare omboembolic Diseases fenoush coronary and Cerebrals | 23 (5) 15 (3) 18 (4) 5 13 | 32 (6) 18 (4) 33 (6) 15 19 | Hof Flushes Vaginal Dryness Lettergy Vaginal Bleeding Weight Gen | 134 (26) 9 (2) 6 (1) 5 (1) 11 (2) | 118 (23) 3 (1) 15 (3) 11 (2) 8 (2) | |

Gestionselsend Oldschapers 172 (A) 195 (3) 195 ical brais, regardless of causality, are presented below

| | ARIMIDEX 1 mg (n = 262) | ARIMIDEX 10 ing (s = 266) | Megestrol Acetate 160 mg (a = 253) | | ARIMIDEX 1 mg (n = 252) | ARIMIDEX 10 mg (a = 246) | Megestral Acetate 160 mg (n = 253) |
|----------------------------|-------------------------------|---------------------------------|--|---------------------|-------------------------------|--------------------------------|--|
| Adverse Event | n(%) | n (%) | n (%) | Adverse Event | n (%) | n (%) | n (%) |
| Asthenia. | 42 (16) | 33 (13) | 47 (19) | Pharyngitis | 16 (6) | 23 (9) | 15 (6) |
| Nausea | 41 (16) | 48 (20) | 28 (11) | Doziness | 16 (6) | 12 (5) | 15 (6) |
| Headache | 34 /13 | 44 (18) | 24 (9) | Rash | 15 (6) | 15 (6) | 19 (8) |
| Hot Rashes | 32 (12) | 29 (11) | 21 (8) | Dry Mouth | 15 (6) | 11 (4) | 13 (5) |
| Pain | 28 (11) | 38 (15) | 29 (11) | Perinheral Edema | 14 (5) | 21 (9) | 28 (11) |
| Back Pain | 28 (11) | 26 (11) | 19 (8) | Pelvic Pain | 14 (5) | 17 (7) | 13 (5) |
| Dyspnea | 24 (9) | 27 (11) | 53 (21) | Depotession | 14 (5) | 6 (2) | 5 (2) |
| Vomeno | 24 (9) | 26 (11) | 16 (6) | Chest Pain | 13 (5) | 18 (7) | 13 (5) |
| Cough Increased | 22 (8) | 18 (7) | 19 (8) | Paresthesia | 12 (5) | 15 (6) | 9 (4) |
| Diarrhea | 22 (8) | 18 (7) | 7.00 | Vacinal Hernorrhane | 6(2) | 4 (2) | 13 (5) |
| Constinution | 18 (7) | 18 (7) | 21 (8) | Weight Gain | 4 (2) | 9 (4) | 30 (12) |
| Abdominal Pain | 18(7) | 14 (6) | 18 (7) | Sweating | 4 (2) | 3 (1) | 16 (6) |
| Anoreus | 18 (7) | 19 (8) | 11 (4) | Increased Appetite | 0 (0) | 1 (0) | 13 (5) |
| Bone Pain A patient may | 17 (6) | 26 (12) | 19 (8) | | | . (4) | 10 (0) |

A position sign was comed and one design exercises of the content of the content

| | ARIMIDEX 1 mg (n = 262) | ARIMIDEX 18 mg (n = 246) | Megestrol Acetate 160 mg (a = 253) | | | | |
|------------------------------|----------------------------|-----------------------------|---------------------------------------|--|--|--|--|
| Adverse Event Group | n (%) | n (%) | n (%) | | | | |
| Gastrointestinal Disturbance | 77 (29) | 81 (33) | 54 (21) | | | | |
| Hot Flushes | 33 (13) | 29 (12) | 35 (14) | | | | |
| Ederna | 19 (7) | 28 (11) | 35 (14) | | | | |
| Thromboembolic Disease | 9 (3) | 4 (2) | 12 (5) | | | | |
| Vaginal Dryness | 5 (2) | 3 (1) | 2 (1) | | | | |
| Weight Gain | 4 (2) | 1D'(4) | 30 (12) | | | | |

Weight Control/Obesity

o matter how you look at it or try to rationalize it, there is nothing healthy about being obese. According to the American Obesity Association, more than 50 percent of African-American women are obese, defined as someone who has body mass index (BMI) of 30 or higher. You can determine your body mass index by dividing your body weight in pounds by your height in inches squared and multiply by 704.5. For example, if you weigh 190 pounds and are five feet tall (60 inches) your BMI would be 37. In simpler terms, for a woman whose weight is 25 percent more than the maximum desirable rough the maximum desirable weight.

Causing nearly 300,000 deaths each year, obesity can lead to a variety of medical problems, including diabetes, hypertension, cancer, stroke and heart disease.

But as difficult as it may seem, doctors say, weight loss is possible with exercise and a balanced diet. The key is finding and maintaining a healthy weight, advises MaDonna Grimes, fitness expert and author of Work It Out: The Black Woman's Guide to Getting the Body You Always Wanted. A healthy weight is one in which your blood pressure and cholesterol levels are normal and you're at your optimal health.

To get rid of a few extra pounds, more people are turning to weight-loss surgery, considered by many to be an extreme step. It is only recommended for people who have a BMI of 40 or higher, or people who suffer from serious medical conditions that make it impossible to exercise. There are two types of obesity surgery, restrictive and combined restrictive and malabsorptive. In restrictive surgery, bands or staples are used to section off a small portion of the stomach. This restricts the amount of food your stomach can hold, causing you to feel full after eating only a small amount. Combined restrictive and malabsorptive surgery involves restrictive surgery, but in this procedure, the stomach is connected to the jejunum or ileum a part of the small intestine.

A consistent healthy diet and exercise program is the best way to naturally loose excess weight and keep

Health Hotline

it off. Once you reach a healthy size, the key to maintaining a healthy weight is commitment. "You can have a membership at a gym and still be fat," says Grimes. "You have to keep exercising it doesn't stop."

If you find yourself extremely fatigued and napping or eating ice chips, you may have iron-deficiency anemia. It is a condition that occurs when the blood doesn't get sufficient hemoglobin, a protein in red blood cells responsible for carrying oxygen from the lungs to other parts of the body.

Anemia

Symptoms of anemia, which affects 1 in 5 women, include feeling tired, unusual shortness of breath during exercise, fast heartheat, cold

hands and feet, brittle nails and headaches. Doctors says sometimes there are no symptoms, or the symptoms may be subtle or unusual, such as a craving for ice chips, a condition known as pica.

While there are several types of anemia, a greater number of African-American women suffer from iron-deficiency anemia. Doctors says that may be because Black women are more likely to have fibroid tumors, which can result in extremely heavy or prolonged menstrual periods. Another cause of anemia is a diet that lacks iron-rich foods. To prevent the condition, some doctors recommend an increase in your intake of red meat, liver, seafood, dried fruits, green leafy veggies and iron-fortified cereals in order to get the necessary daily dose of iron, which is 15 mg for menstruating women.

A blood test can determine if a patient has anemia. Depending on the cause of anemia, a doctor may prescribe iron pills, such as ferrous sulfate, which, when taken with Vitamin C, absorbs more quickly into the bloodstream.

EBONY • October 2005

greater risk of developing sinusitis.

ccording to the National Institute of Allergy and Infectious Diseases, sinusitis affects more than 37 million Americans annually, and it's estimated that 13 million people seek medical help each year for the condition. People with weaker immune systems—especially African-Americans with asthma, allergies, diabetes, sickle-cell anemia, lupus, AIDS, hypothyroidism, cystic fibrosis and smokers—are at

Sinusitis is the inflammation of the sinus cavities caused by a virus, fungus or bacteria; it is often triggered by a cold or the flu. The sinuses are nasal passages lined with mucus that moisten and warm the air we breathe, and are located in the T-zone and upper cheek areas of the face.

Sinusitis

Symptoms of sinusitis can vary from facial pain and tenderness, headaches, fever, excessive coughing, postnasal drip, thick discolored

mucus, sore throat, bad breath to eye sensitivity. Acute sinusitis, inflammation of the sinuses that usually lasts from seven days to one month, often is treated with antibiotics and deconcestants.

A diagnosis of sinusitis should not be taken lightly; if left untreated, sinusitis can cause permanent loss of taste and smell, meningitis or brain lesions, according to medical professionals. Although sinus disorders can not be prevented, you can take steps to reduce the number and severity of attacks. Doctors say a humidifier, along with an air filter, can relieve symptoms of sinusitis by removing allergens in the air. And air conditioners help to provide an even temperature. But one of the best ways to prevent sinusitis is to take steps to avoid getting a cold or the flu. Doctors recommend that people wash their hands frequently, avoid putting hands near eyes or mouth, and get a flu shot at the beginning of the season.

Health Hotline

Osteoporosis

steoporosis is a metabolic bone disease characterized by low bone mass, which causes bones to become brittle and fracture. Researchers have discovered that arthritis, sickle-cell anemia and lupus are linked to osteoporosis in Black women. According to a recent study, White women are 50 percent more likely to receive proper osteoporosis care than African-American women, who rarely receive bone density tests or take calcium with vitamin D supplements to prevent the disease. Many in the African-American community don't realize that Black women are more likely to die and be disabled from osteoporosis than White women. Postmenopausal women are at greatest risk for osteoporosis, because estrogen protects bones against density loss.

Experts recently discovered that osteoporosis and colorectal cancer are both linked to diets low in calcium. To complicate matters, 75 percent of African-Americans are lactose intolerant and unable to digest milk sugars; consequently they avoid eating calciumrich dairy foods. Less than 20 percent of African-American women get enough calcium in their diets to bould sufficient bone mass to prevent osteoporosis. An estimated 300,000 African-American women currently suffer from osteoporosis, which is commonly referred to as the "silent disease," because there are no symptoms until a facture occurs.

Experts agree that osteoporosis can be prevented with a balanced diet rich in calcium and vitamin D, regular weight-bearing exercises, no smoking and not drinking excessively. Kale, turnip and mustard greens, as well as sardines, salmon, soy milk and calcium-fortified foods are all lactose-free foods that are rich in calcium and vitamin D. Doctors also suggest that women with a family history of osteoporosis get additional calcium with vitamin D from a supplement.



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You don't have to travel first class to feel special. Become a member of AARP, and for \$12.50 a year you have access to great discounts on hotels, flights, car rentals, cruises and even resources, and information to help you plan your ideal trip. By using your AARP card even once, your membership could pay for itself. All you have to do is call 1-888-OUR-AARP or visit www.aarp.org to become a member of the largest nonprofit organization for people 50-plus. We're 35 million members strong, and we're always flokthing to make sure you can enjow your place in the sun.



Do you have difficulty digesting dairy?



Because of lactose intolerance many people do, including up to 75% of African-Americans.

People with this condition do not properly break down lactose, the milk sugar found in milk and other dairy foods, which can result in stomach discomfort.

There is a solution.

LACTAID® Milk is 100% real milk that's lactosefree so it won't upset your stomach.

LACTAID® Milk tastes delicious, so it is perfect by the glass, on your cereal, and in your family's favorite recipes.



Go ahead and enjoy dairy again.

For Peach Praline Cobbler and other recipes using LACTAID® Milk, visit our Web site at www.lactaid.com.



Dairy products, including milk, are associated with lactose intolerance.

DEALING WITH LACTOSE INTOLERANCE

ACTOSE intolerance, the inability to digest milk sugar, affects 75 percent of African-Americans, causing abdominal pain, bloating and gas. The problems associated with lactose intolerance appear when the body doesn't produce lactase, the enzyme that helps the body absorb lactose. An estimated 50 million Americans suffer from this hereditary condition that also causes nausea, cramps and diarrhea after drinking milk or eating foods that contain milk.

If you think you might be lactose intolerant, see your doctor! Serious conditions like Crohn's disease, irritable bowel syndrome, an infection of the small intestine and food poisoning have similar symptoms to lactose intolerance. Doctors can perform a hydrogen breath test, which measures the amount of hydrogen produced by undigested lactose in the colon, to confirm lactose intolerance.

Doctors say there is no cure for lactose intolerance, but it can be managed with proper diet. The severity of the condition varies from person to person; some people can ingest small amounts of lactose in yogurt or cheese, while others cannot tolerate any amount of lactose. Always check food labels for terms like whey, curds and milk by-products, which are hidden forms of lactose. Medical experts say lactose can also be found in 20 percent of prescription drugs and 6 percent of over-the-counter medications, especially birth control pills and antacids.

In addition to the discomfort associated with lactose intolerance, there's an even bigger problem. According to the National Medical Association, 89 percent of African-Americans are not consuming enough calcium because they are trying to avoid calcium-rich products that may include lactose. But having to deal with lactose intolerance is no excuse for not getting enough calcium in your diet. There are many lactose-free products, including lactose-free milk.



Just ONE SIP

tells you LACTAID® Milk tastes great without upsetting your stomach.



Thought LACTAID® Milk wasn't real... might taste funny?

Just one sip and you'll say, "Walt, this is real milk!

It's delicious. Pass those cookles!"

100% real milk that's lactose free

so it won't upset your stomach. That's great news

for millions of people who can't enjoy milk.

LACTAID® Milk is nutritious, tastes great,
and leaves your stomach feeling fine, every time.

LACTAID® Milk.

Easy to Love.™





Available in Whole, 2% Reduced Fat, 1% Low Fat, Fat Free, and Calcium Fortified.

Sometimes
Bending The
Rules is
Unavoidable.
It's Amazing
How Much
Chaos Inviting
Lips



REVOLUTION

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Visit the Fashion Falr counter and try the Fall 2005 collection.

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GEORGIA DILLARD'S

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MISSOURI LORD & TAYLOR St. Louis

NEBRASKA DILLARD'S

PENNSYLVANIA KAUFMANNS

Monroeville
TEXAS
THE DUNLAP CO.

Waco WHITE HOUSE

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ARKANSAS
M. M. COHN

El Dorado; Little Rock
GEORGIA
MACY'S

Athens; Atlanta; Decatur; Douglasville; Duluth; Lithonia; Morrow; Union City

INDIANA MACY'S Evansville; Indianapolis

KENTUCKY MACY'S

MASSACHUSETTS
FILENES
Boston: Brockton

OHIO MACY'S

MACY'S Cincinnati; Columbus; Mansfield TENNESSEE MACY'S Bartlett: Jackson: Memphis

OCT. 16 - OCT. 29

BRUCE'S

COLORADO FOLEY'S Aurora: Denver

Aurora; Denver
GEORGIA
MACY'S
Maron

LOUISIANA FOLEY'S

Baton Rouge; Lafayette; Lake Charles

DILLARD'S
Cary: Chapel Hill; Charlotte; Gastonia;

Greensboro; Hickory; High Point; Pineville; Raleigh; Wilmington; Winston-Salem OKLAHOMA FOLEY'S

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Charleston; Columbia; Greenville; Myrtle Beach; North Charleston; Spartanburg

TEXAS FOLEY'S Arlington; Austin; Baytown; Beaumont; Cedar Park; College Station; Dallas; Fort \

Cedar Park; College Station; Dallas; Fort Worth; Frisco; Houston; Humble; Hurst; Irving; Lewisville; Mesquite; Sugarland; Temple; Texas City; Tyler

VIRGINIA DILLARD'S Chesapeake; Colonial Heights; Glen Allen; Newport News; Norfolk; Richmond; Virginia Beach

OCT. 23 - NOV. 05 ARIZONA ROBINSONS-MAY

BAHAMAS MADEMOISELLE Nassau

ROYAL PALM Nassau CALIFORNIA

ROBINSONS-MAY
Arcadia: Bakersfield; Praz; Cerritos; Costa Mesa;
Culver City; Glendale; Lakewood; Los Angeles;
Montclair; Moreno Valley; National City;
North Hollywood; Northridge; Redondo Beach;
Riverside; San Bernardino; San Diego; Torrance;
Ventura: West Covina

CONNECTICUT FILENES Farmington; Manchester

MACY'S Stamford; Trumbull

DELAWARE MACY'S Newark

LOUISIANA MACY'S Kenner; New Orleans

MARYLAND MACY'S Glen Burnie: Owines Mills: Perry Hall: Wheaton

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SHERMAN'S FASHION

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NEVADA
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OHIO Akron; Cleveland; Columbus; Niles; Richmond Heights; University Heights;

Richmond Heights; University Height Youngstown OREGON

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RHODE ISLAND FILENES Warwick

TENNESSEE DILLARD'S Chattanooga; Clarksville; Knoxville VIRGINIA MACY'S

Arlington; Fairfax; Springfield

OCT. 30 - NOV. 12

DILLARD'S Decatur; Florence; Huntsville

PEEBLES
Alexander City; Talladega

ILLINOIS MARSHALL FIELD'S Calumet City; Chicago; Skokie

INDIANA
DILLARD'S
Clarksville: Richmond

Clarksville; Richmond KENTUCKY

DILLARD'S
Lexington; Louisville
PEEBLES
Hookinsville

LOUISIANA BEALLS

Opelousas STAGE STORES Natchitoches

MICHIGAN MARSHALL FIELD'S Ann Arbor; Dearborn; Flint; Harpers Woods;

Ann Arbor; Dearborn; Flint; Harpers Woods; Lansing; Pontiac; Saginaw; Southfield; Taylor; Troy; Wayne MINNESOTA

MARSHALL FIELD'S
Brooklyn Center; Minneapolis
MISSISSIPPI

MISSISSIPPI PEEBLES Grenada; Starksville OHIO

DILLARD'S Cincinnati; Franklin; Mentor; Toledo OKLAHOMA

OKLAHOMA STAGE STORES

Ardmore TENNESSEE

PEEBLES Columbia; Dyersberg; Hermitage; Murfreesboro

TEXAS
BEALLS
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The **EBONY** ADVISOR

I have been married for more than 20 years and my husband always prefers to spend time with his sister and brother rather than with our kids and me. Whenever I bring it up, he complains that I don't like his family. What is the best way to communicate without any arguments? I'm at the point of just leaving the marriage. Please help.

Desperate in Ontario

You should join your husband on some of those excursions with his family. Don't force him to make a decision: us or them. Ask how he would feel if you spent all of your time with your sister or girlfriends. You also need to see the kind of bond he has with his siblings. And let them see you there so that they will begin to feel comfortable with you as part of the family.

I have been married for 5 years. My husband and I have had our ups and downs and our marriage seems to be going well. Lately, I have come across some things that make me think he has been cheating. There are messages in his cell phone saying I love you and need you, but I have not received any of those messages. The other day I found a condom in his wallet. I have always heard that if you look for something bad you will find it. Is that my situation or am I

reading into something that may not be true?

Need to know in Tennessee

First of all, do you and your husband use condoms? If not, this is a clear give-a-way, says psychologist Grace Cornish, Ph.D., author of several relationship books, including The Band-Aid Bond, "Another dead give-a-way is that his 'I love you' cell phone messages are not being sent to you. Pay attention to your intuition. Do not dismiss it at all or pretend it didn't happen. Keep your eyes wide open. Pay unexpected visits to his work place: don't be afraid to pick up the phone and look into everything. You need to know the truth."

I have been married to my college sweetheart for 9 years, and recently we have stopped having sex. We previously enjoyed a healthy sex life until March. We both have returned to graduate school to pursue doctoral degrees. We also have two children. We took a short excursion to the North Carolina mountains and had a great time. Unfortunately, we made love only once the entire trib. Since we returned, we have not had relations for three months. I love my husband and I have initiated love making sessions on several occasions only to be brushed off. I am at the point of contemplating an affair as I have several possible suitors who find me extremely attractive and mentally engaging. I hate to go this route, but I feel as though I have done everything within my power to get my husband to want me.

Helpless in North Carolina

Don't bring a third party into the relationship, advises Dr. Cornish. Your marriage is sure to go down-

'What is the best way to communicate without any arguments?'

hill Stress is one of the most common formulas for abstinence. With unnecessary stress, your mind shuts down. The stress of two kids and both of you going to graduate school can take a toll on your sexual relationship. It may have been better for you to go to graduate school one at a time. "Even though you need a release, bringing in a third party won't solve your problem," says Dr. Cornish. "It's time that the two of you started to get to know each other again without the kids, without opening the books." You and your husband should make time to do things together-take walks and go out to dinner. Hire a baby sister and spend some quality time together to rekindle the fire.

The EBONY Advisor is a question-and-arevier column designed to help our readers with their problems. Answers to all questions are thoroughly researched and if necessary, checked with competent psychiatrists, psychologists, medical doctors, sociologists and other experts in family counseling. If you have questions go to Talk To EBONY at www.ebony.com, or send them to The EBONY Advisor, EBONY Magazine, 820 South Michigan Avenue, Chicago, IL, 60005.
Only the cities or states of those submitting questions will be published Because of the large volume of mail we receive, we cannot send personal replies.

EBONY • October 2005

Prime-Time 2005:

More Stars, More Soul, More Sensation

RIME-TIME television is in living color this fall season, as the Big 4 networks (ABC, CBS, NBC and FOX) have loaded their schedules with exciting scripted sitcoms and dramas-and the majority of these shows feature African-American actors in leading and recurring roles.

There are several surprises on the tube this fall as well, such as the debut of the Tom Joyner Show (ABC-owned stations) and the historic debut of Run's House (MTV), the first hip-hop reality show featuring Run of Run DMC and his wife and kids.

Following is a roundup of the prime-time shows that the networks promise will keep you spellbound.

ABC unveils 12 new shows this season, with several starring African-Americans in prominent or recurring roles:

THE NIGHT STALKER

GENRE: Cult Mystery Series

PLOT: A newspaper journalist investigates unexplained phenomena and strange deaths. Gabrielle Union is a senior crime reporter who has an uncanny ability to follow wherever the story leads-even if no one else dares to. STAR APPEAL: Gabrielle Union

COMMANDER IN CHIEF

GENRE: Drama

PLOT: Harry Lennix is the chief of staff to the first female president of the United States, who must rise above controversy and prove herself to her country and staff.

STAR APPEAL: Harry J. Lennix

EMILY'S REASONS WHY NOT

GENRE: Comedy

PLOT: An independent woman's adventures and misadventures in life and love. Based on the best-selling novel.

STAR APPEAL: Khary Payton

INVASION

GENRE: Suspense PLOT: Hurricane leads to strange occurences in a small town.

STAR APPEAL: Aisha Hinds

RETURNING SHOWS: Grey's Anatomy, Lost, Alias and Less Than Perfect. CROSSOVER ALERT: Tom Joyner, America's top syndicated morning radio personality, is now on television! *The Tom Joyner Show*, a music/variety television show, will launch on

several ABC-owned stations across the country In October. Check your local listings.







CBS introduces 6 new prime-time shows, with 4 starring African-Americans in prominent or recurring roles:

GHOST WHISPERER

GENRE: Suspense

PLOT: A medium is able to reach lost souls

from the other side. STAR APPEAL: Aisha Tyler

THRESHOLD

GENRE: Suspense PLOT: When an extraterrestrial craft crash-lands in the mid-Atlantic Ocean, the U.S. Navy calls on a team of experts to intervene.

STAR APPEAL: Charles S. Dutton

CLOSE TO HOME

GENRE: Mystery PLOT: Sometimes the quietest neighborhoods can hide the ugliest of crimes. STAR APPEAL: Kimberly Elise

CRIMINAL MINDS

GENRE: Suspense PLOT: Anelite squad of FBI profilers must analyze the country's most twisted criminal minds to predict their next moves. STAR APPEAL: Shemar Moore

RETURNING SHOWS: CSI: NY; CSI: Miami; CSI: Crime Scene Investigation, Cold Case, NCIS, NUMB3RS; The King of Queens.

THE WB

Americans in prominent or recurring roles—Blue Colla TV, Charmed and What I like About You.

New shows featuring major stars include Harry I. Lennix (left) in Commander in Chief (ABC); Kimberly Elise (left, below) in Close to Home (CBS); Alfre Woodard (above) in Inconceivable (NBC) and Chi McBride (below) in Killer Instinct (Fox).



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FOX

FOX rolls out 6 hot new shows this season, with 3 starring African-Americans in prominent or recurring roles:

HEAD CASES

GENRE: Comedic Drama

PLOT: Down-and-out, mental health outpatients use the buddy system to help each other remain "sane."

STAR APPEAL: Rockmond Dunbar

KILLER INSTINCT

GENRE: Drama

PLOT: Top detectives must solve San Francisco's most wicked crimes while rounding up the city's most deviant criminals.

STAR APPEAL: Chi McBride

BONES

PLOT: A suspenseful drama inspired by a real-life forensic anthropologist who has the ability to find clues left behind in a victim's bones.

STAR APPEAL: Jonathan Adams

RETURNING SHOWS: The Bernie Mac Show, House, MADty, Malcolm In the Middle.

NBC introduces 6 new series; with 3 starring African-Americans in prominent or recurring roles:

E-RING

GENRE: Drama

PLOT: Viewers get a birds-eye view inside the Pentagon to witness critical decisions from intelligence officers in the war room to covert actions being carried out on the battlefield.

STAR APPEAL: Aunianue Ellis, Joe Morton

INCONCEIVABLE

GENRE: Ensemble Drama

PLOT: The dedicated doctors at the Family Options Fertility Clinic try to help desperate couples conceive, however, several staff members are not above occasional scandals involving sex, lies and missing embryos.

STAR APPEAL: Alfre Woodard

MY NAME IS EARL

GENRE: Sitcom

PLOT: A man tries to improve his bad karma by doing good deeds for everyone he's ever wronged, datg back to his childhood. STAR APPEAL: Eddie Steeples

RETURNING SHOWS: Las Vegas, Law & Order: Criminal Intent, Law & Order: SVU, Law & Order, ER, The West Wing and Crossing Jordan.

UPN has added 3 new shows that feature African-Americans in prominent starring or recurring roles:

EVERYBODY HATES CHRIS

GENRE: Sitcom

PLOT: Based on the life and times of Chris Rock, who grew up in Brooklyn in the early 1980s, and was bused into a predominantly White middle school two hours from home.

STAR APPEAL: Tichina Arnold, Tyler Williams, Chris Rock.

LOVE INC.

GENRE: Sitcom

PLOT: Savvy matchmakers (who happen to have their own love and relationship issues) operate a full service dating consulting firm.

STAR APPEAL: Holly Robinson Peete, ion Overman

SEX. LOVE & SECRETS

GENRE: Drama

PLOT: Tight-knit friends are faced with exploring intimate and often complex relationships with themselves and one another. STAR APPEAL: Omar Milier, Tamara Taylor

RETURNING SHOWS: All of Us, Girlfriends, Half & Half, America's Next Top Model, One On One, EVE, Cuts.

Comedy is in style on UPN.



a night of back-to-back season premieres

8/7c **one on one** 8:30/7:30c **all of us** 9/8c **girlfriends** 9:30/8:30c **half & half**

Monday September 19



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Catch your favorite stars on their new shows: Tichina Arnold and Tyler Williams star in Everybody Hates Chris (UPN); and Tia and Tamera Mowry are witches who must defend their kingdom from evil in Twitches (The Disney Channel).





Omar Gooding is a barbershop owner who must act as ringmaster over an outrageous crew of barbers and their eclectic clients in the new Showtime series, Barbershop. Based on the surprise box office hit movie, Barbershop also stars (clockwise from top) Gbenga Akinnagbe, Toni Trucks, Barry Shabaka Henley, Dan White, John Wesley Chatham, Leslie Elliard and Anna Brown.

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RETURNING SHOWS



Audience froottes are making a comeback this fall. On Loss (ABC) Harold Perrineau and Madcolm David Kelley are among a group of stranded airline passengers who must do whatever it takes to survive. On CSI: NY (CBS), Hill Harper (right) is the handsome coroner who helps the New York forenesis scientist team investigate unusual deaths.

NEW NETWORK ALERT: The Africa Channel, a new independent cable television network carried by Atlanta-based Gox Communications, will showcase the diverse perspectives of the people of the African continent. Flagship series include Carte Blanche Africa, a weekly one-hour investigative journalism program, and the reality series Big Brother Africa. Check local listings for details.





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Hit shows that are back this fall on NBC include Law & Order Special Victims Unit, featuring Ice-T and Tamara Tunie. The drama follows an elite squad of New York detectives who investigate sexually based crimes.

RETURNING SHOWS



Mekhl Phifer returns to ER (NBC) as Dr. Gregory Pratt, an in-your-face thirdyear resident who is constantly haunted by his past. ER, now in its 11th season, tracks the inner workings of County General Hospital, a level-one trauma center where heroic doctors and nurses are faced with life-anddeath decisions on a daily basis.



Dulé Hill returns to the The West Wing as the personal aide to the president. The West Wing offers viewers an often realistic, behind-the-scenes look into the dealings at the Oval Office, as seen through the eyes of dedicated staffers.

Continued on Next Page



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Favorite returning shows include the sitcom All of Us (UPN), inspired by the real-life domestic adventures of Will Smith and Jada Pinkett Smith. The show stars LisaRaye McCoy, Duane Martin and Elise Neal.

Vlewers can add a little spice to their home-cooked meals with celebrity chef Gerry Garvin on Turn Up the Heat With G. Garvin (TV-One). Check your local listings for details.





Stay informed and entertained with the poignant political and sometimes pop news of the day with Tavis Smiltzy, (late nights on PSS). The talk show features news and in-depth interviews with celebrities, news-makers, tastemakers politicians and everyday people. Check your local listings for details.

—Zondra Hughes

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SUNDAY 8:00-9:00 p.m. CHARMED (THE WB) Dorian Gregory

8:00-9:00 p.m. COLD CASE (CBS) Thom Barry

9:00-10:00 p.m. BLUE COLLAR TV (THE WB) Gary Anthony Williams

9:00-10:00 p.m. LAW & ORDER: CRIMINAL INTENT (NBC) Courtney B. Vance

10:00 p.m. GREY'S ANATOMY (ABC) James Pickens Jr., Isaiah Washington, Chandra Wilson

MONDAY 8:00-8:30 p.m. ONE ON ONE* (UPN) Flex Alexander, Kyla Pratt

8:30-9:00 p.m. ALL OF US* (UPN) LisaRaye, Duane Martin, Elise Neal, Khamani Griffin, Tony Rock

9:00-9:30 p.m. GIRLFRIENDS* (UPN) Tracee Ellis Ross, Persia White, Golden Brooks, Jill Marie Jones, Reggie Hayes

9:00-10:00 p.m. LAS VEGAS (NBC) James Lesure, Marsha Thomason

9:30-10:00 p.m. HALF & HALF* (UPN) Essence Atkins, Rachel True, Telma Hopkins, Valarie Pettiford, Chico Benyman

10:00-11:00 p.m. CSI: MIAMI (CBS) Khandi Alexander

TUESDAY 8:00-9:00 p.m. BONES (FOX) Jonathan Adams

9:00-10:00 p.m. HOUSE (FOX) Omar Epps

9:00-10:00 p.m. SEX, LOVE & SECRETS (UPN) Omar Miller, Tamara Taylor

8:00-9:00 p.m. GILMORE GIRLS (THE WB) Yanic Truesdale

8:00-9:00 p.m. NCIS (CBS) Lamont Thompson

9:00-10:00 p.m. COMMANDER IN CHIEF (ABC) Harry Lennix

10:00-11:00 p.m. CLOSE TO HOME (CBS) Kimberly Elise Deposites a Black-oriented series. All times Eachern Standard Time (EST). Merica's Neal for Model, shareing Type Banks and Typhandia For Type Banks and Type Ba

10:00-11:00 p.m.
LAW & ORDER: SPECIAL VICTIMS UNIT (NBC)
Ice-T: Tamara Tunie

WEDNESDAY 8:00-9:00 p.m. AMERICA'S NEXT TOP MODEL (UPN) Tyra Banks

9:00-10:00 p.m. CRIMINAL MINDS (CBS) Shemar Moore

9:00-10:00 p.m. E-RING (NBC) Aunjanue Ellis, Joe Morton

9:00-10:00 p.m. HEAD CASES (FOX) Rockmond Dunbar

9:00-10:00 p.m. THE WEST WING (NBC) Dulé Hill

10:00-11:00 p.m. CSI: NY (CBS) Hill Harper

10:00-11:00 p.m. LAW & ORDER (NBC) Jesse L. Martin; S. Epatha Merkerson

THURSDAY 8:00-8:30 p.m. EVERYBODY HATES CHRIS* (UPN) Tichina Arnold, Tyler Williams, Chris Rock 8:00-9:00 p.m. ALIAS (ABC) Carl Lumbly

8:00-9:00 p.m. SMALLVILLE (THE WB) Sam Jones III

8:30-9:00 p.m. EVE* (UPN) Eve, Jason George, Natalie Desselle, Brian Hooks

9:00-9:30 p.m. CUTS* (UPN) Shondrella Avery, Marques Houston, Edward (Grapevine) Fordham, Rashaan Nall

9:30-10:00 p.m. LOVE, INC. (UPN) Holly Robinson Peete, Ion Overman

9:00-10:00 p.m. CSI: CRIME SCENE INVESTIGATION (CBS) Gary Dourdan

9:00-10:00 p.m. NIGHT STALKER (ABC) Gabrielle Union

10:00-11:00 p.m. WITHOUT A TRACE (CBS) Marianne Jean-Baptiste

FRIDAY 8:00-8:30 p.m. THE BERNIE MAC SHOW* (FOX) Bernie Mac, Kellita Smith, Camille Winbush, Jeremy Suarez,

8:00-8:30 p.m. WHAT I LIKE ABOUT YOU (THE WB) Wesley Jonathan

8:00-9:00 p.m. GHOST WHISPERER (CBS) Aisha Tyler

Dee Dee Davis

8:00-10:00 p.m. WWE SMACKDOWN! (UPN) Benjamin Shelton

8:30-9:00 p.m. MALCOLM IN THE MIDDLE (FOX) Craig Lamar Traylor

THRESHOLD (CBS)
Charles S. Dutton

9:00-10:00 p.m. KILLER INSTINCT (FOX) Chi McBride

10:00-11:00 p.m. INCONCEIVABLE (NBC) Alfre Woodard

10:00-11:00 p.m. NUMB3RS (CBS)



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Makes about 35

- 8 slices (7 oz.) firm white bread, cut up
- 1/3 cup mayonnaise 1 large egg, lightly beaten
- 1 rib celery, finely chopped (1/2 cup)
- 1 medium shallot, finely chopped
- 2 tablespoons fresh chopped parsley
- 2 teaspoons fresh lemon juice
- 2 teaspoons crab boil seasoning (Old Bay*)
- 1 teaspoon Dijon mustard 1/2 teaspoon coarse salt
- 1/4 to 1/2 teaspoon red pepper sauce
- 1 pound cooked fresh lump or jumbo crabmeat, picked over
- 2 tablespoons butter
- 2 tablespoons olive oil Vegetable cooking spray

 Line 2 trays with GLAD Press'n Seal Freezer™ Wrap design side down. Pulse bread in food processor to form fine crumbs. 2. Combine mayonnaise, egg, celery, shallot, parsley, lemon juice, seasoning, mustard, salt and red pepper sauce. Fold in crabmeat and 1 cup breadcrumbs. Transfer remaining crumbs to airtight container, 3, Pack 1 tablespoon with crab mixture and drop onto 1 tray. Repeat with remaining mixture. Cover cakes with another sheet of GLAD Press'n Seal Freezer™ Wrap, design side up, and smooth over each cake to seal. Freeze wrapped cakes along with crumbs for up to 1 week. 4. Thaw cakes in refrigerator, breadcrumbs at room temperature. 5. Preheat oven to 350°F. Coat 2 large baking sheets with cooking spray. In a 2-cup glass measure, cover butter with GLAD Press'n Seal® Wrap, turning back one section. Microwave until butter melts, 1 minute. Stir in olive oil. 6. Transfer remaining crumbs to a large shallow dish. Remove cakes from tray and discard wrap. Gently coat cakes in crumbs. 7. In a large nonstick skillet, heat 1 tablespoon butter mixture over medium-high. Cook cakes, turning once, until golden, 3 to 4 minutes. Transfer to baking sheet. Bake until cooked through, 10 minutes. Serve with lemon wedges.





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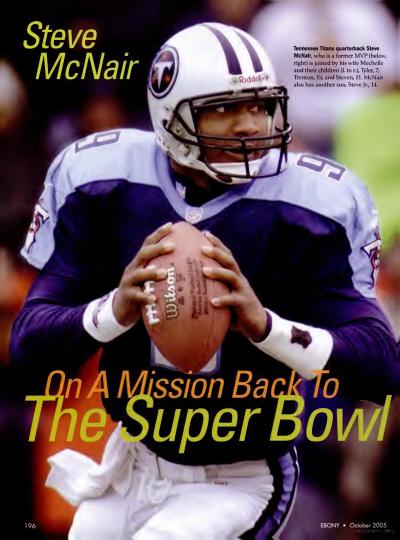
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By Kevin Chapp

NE yard. A measly three feet

—36 inches—a mere baby step
for Steve McNair.

But it's that scant distance which proved to be the longest yard for the Tennessee Titans star quarterback as the world watched his team come up one yard short on a last-second-tying touchdown in Super Bowl XXXIV.

After the game, after the media was gone, after the on-field celebration by the St. Louis Rams had subsided, the 6-foot-2, 235-pound Pro Bowler cried like a baby. And to this day—even as the 32-year-old relaxes with his family in their magnificent Nashville home, and he finds himself in the midst of another football season—that game continues to haunt him.

"It's always going to be there,"

chance to win the game if we would have gotten that yard and went into overtime. The one yard short still hurts because I haven't been back. It will never go away until I get back to the Super Bowl. And not only get back, but win. That's a motivating factor for me."

If anybody can go the extra yard and slay the ghosts of a Super Bowl past, it's McNair. Having grown up dirt-poor in Mississippi, McNair's life and career are filled with stories of succeeding against the odds, triumph over adversity. In 11 seasons in the NFL, the devoted husband and father of four sons has accomplished feats—on and off the field—that few thought he would.

In fact, with all of his accomplishments (which include beinjuries and surgeries to repair his toe, ankle, knee, back, chest, hip, and his shoulder twice) he has managed to stay self-effacing.

McNair now reveals that before his latest surgery this off-season—an unorthodox procedure where surgeons took a piece of bone from his right hip and screwed it to his sternum—his growing list of injuries actually forced him to think about walking away from the game. "I don't want to have my family pushing me around in a wheel-chair when I'm 50 because I have been beaten up so bad," he says. "But the surgery went great. For the first time

Tennessee Titans MVP quarterback knows that getting close is not good enough

McNair says. "I don't care how many people say that they don't think about it, you always replay it in your mind. I think about how sad and how bad I was feeling. It was a low point in my career because I think that we had a ing the league's co-MVP in 2003, and becoming only the fifth player in NFL history to pass for 20,000 yards and rush for 3,000 yards), and all of his setbacks (including a myriad of



Steve McNair

in four or five years, I feel pretty normal now."

After deciding to suit up for another season, McNair hired a personal trainer, and went on a strict diet for the first time in his life. "I wanted to get in the best shape of my life," says McNair, who last year was named No. 3 on USA Today's list of the 10 toughest athletes in sports. "I now have a little more bounce in my step. I wanted to give myself a chance to play again."

mince words. "I used to see my mother scratch for every penny. To make us happy, she did without," he says. "It was hard seeing my mother work from 11 p.m. to 7 a.m. I remember seeing her closing her door and crying because she didn't think that she was doing a good job of raising us, and feeling like she didn't have enough income to take care of us."

McNair says he and his brothers did everything they could to help a very close family that made the sacrifices we needed to survive."

The former Alcorn State University star says he's a "country boy" who can "put on a pair of boots, some jeans and a T-shirt" and "sit and do nothing, and still have fun. I'm not financially in need anymore, but I'm not going to change my lifestyle," he says.

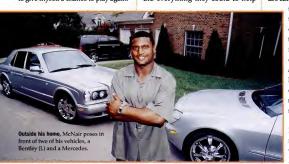
McNair has a 643-acre ranch back in Mississippi, where he raises some 250 cattle and 30 horses. Ironically, it's

the same land his mother used to work on. "I'll never forget the day when I took her out there to look at the property for the first time," he says. "All of sudden, her eyes started watering and tears started coming down her face. I said, 'What, you don't like it?' That was when she told me that it was the land she used to work" as a laborer.

McNair has since built two houses on the land, one for his mom and one for his family, which includes his wife, Mechelle, and four sons, Steve

Jr., Steven, Tyler and Trenton. The family splits time between the ranch and a 15,000-square-foot home in Nashville. They moved into the home about a year ago, after totally renovating it. It has nine bedrooms, nine full bathrooms, two half baths, and three full kitchens. In the back yard, the family enjoys a large pool, complete with waterfall, a hot tub and a golf putting green.

College sweethearts at Alcorn State, McNair and Mechelle admit it wasn't love at first sight. "Actually I didn't like him at first," says Mechelle, who studied nursing and is also from Mississippi. "People were saying that he was a great quarterback



The diet he followed included shying away from his mother's cooking. "Candied yams, fried chicken, smothered chicken, greens. She knows how to do all of that. And she does it well," McNair says. "I love soul food, but at the same time, I had to slow down, not stop, but slow down. I had to start eating right. She still cooks for me."

Not only does she cook for him, but rarely does a day go by without McNair talking with his mother, Lucille, the backbone of the McNair family, the strong-willed woman who raised him and his four brothers by herself on a small farm in Mount Olive, Miss. When talking about those days growing up, McNair doesn't

make ends meet, including work on the farm raising pigs, chickens and cows, and plowing the garden with a mule. "We got summer jobs, mowing yards when I was 8 or 9 years old," he says. "It put a lot of pressure on my oldest brother. He had to grow up faster than he should have. He had to be a father-figure for us. He made sure we did [our] homework... That actually made us close as a family."

Faith and hard work helped the McNair family get through the tough times. "It was hard on us," he says. "But we went to church every Sunday. That always made us feel good. Did a lot of things together. Whenever you saw one, you saw everybody. We were



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Steve McNair



Family fun time includes a dip into the swimming pool. McNair also has a large golf putting green on the property and a hot tub (below) for family enjoyment.

and he was going to be the next so and so. I couldn't care less."

The two finally hooked up during their junior year, and have since become inseparable. Raising four boys has been challenging, but also rewarding, "Fatherhood is great," McNair says. "Just to see them growing up, and to see them have the same traits as you. I see myself in them. It's a blessing. My wife wanted a girl, but we had boys. But it's fun."

Would he want them to play football? "I'm not a pushy father," he says. "Whatever they choose to play is fine with me. And if they choose not to play sports, that's fine also. I'm going to do whatever I can to help them. I do know one thing: they will get a college education."

McNair says that he loved his college experience. Having played both quarterback and cornerback in high school, McNair chose Alcorn because it seemed "family-oriented," and it was the only school that would allow him to play quarterback. "People told me to go to a bigger college, but everyone else wanted me to play defensive back," says McNair, who says that he may want to be a coach in the future.
"Alcorn gave me the opportunity to
play quarterback. I knew that I was
taking a chance, but I knew I wanted
to play the position that my heart
wanted me to play."

It was Alcorn, McNair says, that helped give him the mental toughness that he has needed to understand the intricacies involved in being a Black quarterback in the NFL. "There will always be different treatment of Black quarterbacks," says McNair, who admires trailblazing quarterbacks Warren Moon and Randall Cunningham. "We have to do a lot more to get recognized. That's part of the game. And that's part of going out and compet-

ing, going out and doing the extra things to get recognition. It makes you work harder. It makes a better player out of you."

It was at Alcorn that McNair pledged Omega Psi Phi, a fraternity he makes reference to with a symbolic arm gesture after every touchdown. He now holds a camp at Alcorn every year, and has set up a foundation to help the university and kids from the neighborhood. "I go into the community and uplift people who don't have the money to have a good Thanksgiving, a good Christmas," he says. "I have free football camps for kids who don't have the opportunity to pay for a football camp. I know that I have been blessed. God has given me the ability to play this sport. I just want to make sure that I put my best effort into it. I just know that when I was put on this earth, I was put on a mission."

Right now, part of that mission is to win a Super Bowl. "When you are in the NFL, that's why you play this game. For me, a Super Bowl ring would top off my career, I've been the MVP of the league, I played in a couple of AFC championship games," McNair says. "When you got all of that and not have the ring, it's a missing place in your heart. When you get it, you have every piece of the puzzle."







2005/2006

Fall '05 Itinerary

| CITY | SHOW LOCATION | DATE | TIME | |
|-------------------|---|--------------|--------|--|
| Tinley Park, IL | Tinley Park Convention Center- Holiday Inn | Wed. 9/7 | 8:00pm | |
| Schaumburg, IL | The Seville | Thurs., 9/8 | 8:00pm | |
| Milwaukee, WI | Pabst Theater | Fri., 9/9 | 8:00pm | |
| Ft. Wayne, IN | IPFW Walb Ballroom | Sat., 9/10 | 8:00pm | |
| Columbus, OH | Capital Theatre | Sun., 9/11 | 6:30pm | |
| Canton, OH | The Palace Theatre | Tues., 9/13 | 7:00pm | |
| Harrisburg, PA | The Forum Auditorium | Wed., 9/14 | 8:00pm | |
| Wilmington, DE | Grand Opera House | Fri., 9/16 | 8:00pm | |
| Asbury Park, NJ | Monmouth Univ. Pollak Theatre | Sat., 9/17 | 8:00pm | |
| Trenton, NJ | The War Memorial | Sun., 9/18 | 5:00pm | |
| New Brunswick, NJ | Shiloh Baptist Church Community Life & Cultural Center | Tues., 9/20 | 7:00pm | |
| Stamford, CT | The Rich Forum | Wed., 9/21 | 8:00pm | |
| Providence, RI | Venus DeMilo Restaurant | Thurs., 9/22 | 8:00pm | |
| Hartford, CT | Connecticut Convention Center | Fri., 9/23 | 8:00pm | |
| New Haven, CT | Lyman Center S.C.S.U. | Sat., 9/24 | 8:00pm | |
| Boston, MA | Seaport Hotel | Sun., 9/25 | 4:00pm | |

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|--------------------------|--|---------------|----------|-------------------|---|----------------------|------------|
| Springfield, MA | The Sheraton | Tues., 9/27 | 8:00pm | New Bern, NC | New Bern Riverfront Convention Center | Tues., 11/1 | 7:00p |
| White Plains, NY | White Plains High School | Thurs., 9/29 | 8:00pm | Morganton, NC | Morganton Municipal Auditorium | Wed., 11/2 | 7:15p |
| lempstead, NY | Hofstra University | Fri., 9/30 | 8:00pm | Knoxville, TN | Knoxville Civic Auditorium | Thurs., 11/3 | 7:00 |
| | James Cranford Playhouse | | | | | | |
| lewark, NJ | African American Educational Center | | 8:00pm | Detroit, MI | The Detroit Marriott at Renaissance Center | Fri., 11/4 | 8:00 |
| ew York, NY | New York Hilton Hotel | Sun., 10/2 | 3:00pm | Gary, IN | West Side High School | Sat., 11/5 | 8:00 |
| eaneck, NJ | Marriott Glenpointe Hotel | Tues., 10/4 | 8:00pm | Chicago, IL | The Legendary Chicago Theater | Sun., 11/6 | 3:00 |
| ockland Cty, NY | Ramapo Senior High School | Thurs., 10/6 | 8:00pm | Benton Harbor, MI | Lake Michigan College | Tues., 11/8 | 7:30 |
| rooklyn, NY | Brooklyn College WhitmanTheater | Fri., 10/7 | 8:00pm | Kalamazoo, MI | Chenery Auditorium | Wed., 11/9 | 7:00 |
| | | | | | | | |
| hiladelphia, PA | The Kimmel Center | Sat., 10/8 | 2:00pm | Grand Rapids, MI | Union High School | Thurs., 11/10 | |
| altimore, MD | Morgan State University, Gilliam Concert Hall | Sun., 10/9 | 4:00pm | Cincinnati, OH | Hyatt Regency Hotel | Fri., 11/11 | 8:10 |
| nnapolis, MD | Annapolis Senior High School | Tues., 10/11 | 8:00pm | Akron, OH | Akron Civic Theatre | Sat., 11/12 | 7:00 |
| rincess Anne, MD | University of Maryland, | Wed., 10/12 | 8:00pm | Sandusky, OH | State Theatre | Tues., 11/15 | 7:00 |
| inicess Anne, mb | Ella Fitzgerald Performing Arts Cente | | o.oopiii | Flint, MI | The Whiting Auditorium | Thurs., 11/17 | 8:00 |
| ampton, VA | Hampton University Hampton University Convention Cent | Thurs, 10/13 | 8:00pm | Erie, PA | Courtyard by Marriott | Fri., 11/18 | 8:00 |
| orfolk, VA | Norfolk State University | Fri., 10/14 | 8:00pm | Saginaw, MI | Temple Theater | Sat., 11/19 | 8:00 |
| orion, va | The L. Douglas Wilder Arts Center | 111, 207 14 | o.oopin | Toledo, OH | Stranahan Theater | Sun., 11/20 | 5:00 |
| ichmond, VA | Landmark Theater | Sat., 10/15 | 8:00pm | Elyria, OH | Lorain Palace Theater | Mon., 11/21 | 8:00 |
| ashington, DC | John F. Kennedy | Sun., 10/16 | 3:00pm | Dayton, OH | Dayton Convention Center | Fri., 11/25 | 8:00 |
| | Center of Performing Arts | | | Indianapolis, IN | Indiana Convention Ctr-RCA Dome | Sat., 11/26 | 8:00 |
| ilver Spring, MD | Indian Spring Country Club | Mon. 10/17 | 8:00pm | Louisville, KY | Memorial Auditorium | Sun., 11/27 | 7:00 |
| yracuse, NY | Convention Center-On Center | Wed., 10/19 | 8:00pm | Lexington, KY | Lexington Convention Center | Tues., 11/29 | 7:30 |
| ochester, NY | Rochester Museum & Science | Thurs., 10/20 | 8:00pm | Evansville, IN | Evansville | Wed., 11/30 | 8:00 |
| Buffalo, NY (Amherst) | University at Buffalo- Center For Arts | Fri., 10/21 | 8:00pm | | Conference Center & Hotel | | |
| | | | | St. Louis, MO | Blanche Touhill Performing Arts | Sat., 12/3 | 8:00 |
| Youngstown, OH | Packard Music Hall | Sat., 10/22 | 8:00pm | Kansas City, MO | Lyric Theatre | Sun., 12/4 | 6:00 |
| Warren) | | | | Wichita, KS | Eugene Hughes Metro Complex* | Tues., 12/6 | 8:00 |
| eveland, OH | Hilton Cleveland E./Beachwood | Sun., 10/23 | 5:00pm | Columbia, MO | Historic Missouri Theater | Wed., 12/7 | 8:00 |
| ttsburgh, PA | The Byham Theater | Tues., 10/25 | 7:30pm | Madison, WI | Marriott-Madison West | Fri., 12/9 | 8:00 |
| harleston, WV | The Municipal Auditorium | Wed., 10/26 | 8:00pm | (Middleton) | | | |
| inston Salem, NC | Kenneth R. Williams Auditorium | Fri., 10/28 | 8:00pm | Kankakee, IL | Hilton Garden Inn | Sat., 12/10 | 8:00 |
| reensboro, NC | Carolina Theatre | Sat., 10/29 | 8:00pm | Bloomington, IL | Radisson Hotel and Conference Center | Sun., 12/11 | 4:00 |
| harlotte, NC | NC Blumenthal Performing Arts | Sun., 10/30 | 6:00pm | | | venues and dates sub | nect to ch |

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Shonda Rhimes, creator of the hit show Grey's Anatomy, says she is living the dream she had while growing up in Chicago.

Patrick Dempsey, Sandra Oh, Justin Chambers, T.R. Knight, Chandra Wilson, James Pickens Jr., Katherine Heigl and Ellen Pompeo.)

"I'm a medical junkie," says Rhimes, who created the series and also serves as writer and executive producer. "I love to watch all those surgeries on the Discovery Channel and TLC (The Learning Channel). And I thought there was something really sexy about surgery in the sense that they're kind of cowboys. It's the only job where you literally hold a beat of a heart in your hands. On a bad day, you'll kill someone, and on a good day you save lives."

Rhimes, a 30something Chicago native, points out that she got a chance to go into hospitals and observe surgeries taking place. "I thought that was thrilling! When you're standing over a table and looking into someone's body, you can be so fascinated by the workings of the human body."

Grey's Anatomy is literally her product from start to finish. She offers that a movie is a director's product for the public. "If you watch a movie that I've written [she's scripted numerous hit movies], chances are it's not what was in my head. It's what's

SHONDA RHIMES:

The Force Behind Grey's Anatomy

By Aldore Collier

N theory, it probably shouldn't even be on television. After all, ER, a longtime ratings winner, has started seeing audience erosion as reality and cable TV medical shows proliferate.

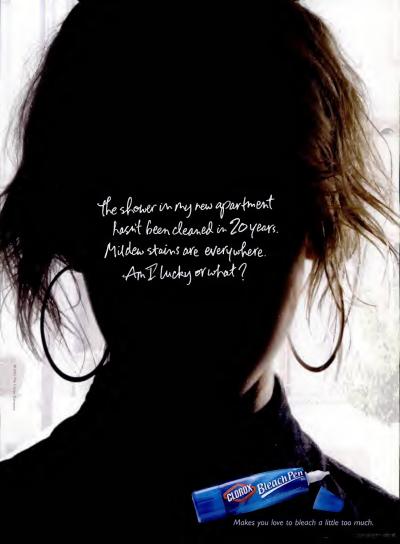
But ABC believed in Shonda Rhimes, the creator of Grey's Anatomy. That's why the show not only got the green light as a mid-season replacement series last January, but it also became an instant hit.

The show, a medical drama set in a Seattle hospital, focuses on the day-to-day struggles associated with those who are trying to become doctors. What sets Grey's Anatomy aside from other medical shows is its mixture of medicine and a large dose of personal relationships. (The show features Isaiah Washington,

in the director's head. That's not a bad thing, but with this show, every episode is what was in my head. So, I feel very gratified creatively."

Sure, the series is a collaborative effort, but Rhimes still has the ultimate say. She approves the scripts from the writers, participates in the casting and selects all the music used in the show.

And she makes sure the show represents the diversity of her world, pointing out that there can be a Black chief of surgery and numerous women about to become surgeons. "That's the real world," she says. "And with casting, I don't care what color they are. If a Black man comes in and he's great for a part and a White woman comes in and she's great for the part of his





On the set of Grey's Anatomy, Rhimes shares a laugh with cast members and guest star Loretta Devine. Rhimes, who also serves as a writer and executive producer, describes herself as "a medical junkie."

SHONDA RHIMES continued

wife, well then, suddenly it's an interracial couple. And I don't care. It's about who's the most talented getting the parts."

Rhimes is a polite, low-key professional who loves the collaborative process. However, she does have a steely determination to avoid stereotypes and deliver positive messages. During the early days of the production, she recalls issuing what she called a "mandate."

"I remember everybody in the room looking at me like was crazy," she says. "But I was like, 'There will never be any Black drug addicts on our show. There will never be any Black hookers on our show. There will never be Black pimps on our show.' A lot of shows feel the need and enjoy stereotyping, and we're going the other way. [Perpetuating stereotypes] isn't something I'm interested in promoting."

What she is interested in promoting is good writing and good, motivational stories. Writing has been her world since growing up in the Chicago suburb of Park Forest South. She utilized her love for the written word at Dartmouth College, where she wrote fiction. After

graduating, she says she was in a quandary. "I got out of college and my mother, who is a university professor, and my father, who is a university administrator, were like, 'Please do something with your life other than starve as a writer." she remembers.

So she moved to San Francisco, where an older sister lived (she is the youngest in a family with three older sisters and two older brothers) and took a job in advertising. It paid money, and she got a chance to write, but the problem was she hated it. "I was basically writing stuff that people turn away from," she says. "So I thought I'd apply to film school. I applied and got into USC and really loved it."

She recalls it was an exciting time when Spike Lee was making well-received movies, Whoopi Goldberg was a hit on Broadway, and Bill Cosby was television's biggest star.

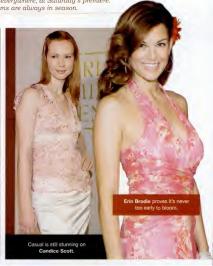
However, success didn't embrace her overnight. Sure, she had an agent after graduating, but little else. She worked as an administrator and later at a center that taught mentally ill and homeless people job skills. The latter job was rewarding and offered her enough flexibility to contemplate writing. However, she says,







There's no such thing as too floral for Kate Renninger.





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SHONDA RHIMES continued

it was across the street from a crack cocaine house.

Luckily, her writing skills soon began impressing the powers-that-be in Hollywood. "I wrote a script and it went on the market in the morning, and I thought if it didn't sell by the afternoon I was going to leave Los Angeles and do something else. I was tired of being hungry, tired of starving. At the end of the day, it sold."

Rhimes wrote a script for the NBC sitcom Scrubs. Soon afterwards, she hit paydirt when she was selected to pen the script for the HBO movie Introducing Dorothy Dandridge with Halle Berry.

In addition to writing, Rhimes got a chance to immerse herself in information while researching the life of one of Hollywood's most enduring legends. "It was a wonderful experience. I traveled to meet all these people in Dorothy's life," she says. "I learned a ton about Black Hollywood in the 1930s and 1940s and how Hattie McDaniel and all these people would have wonderful parties and all of them would hang together. And Halle was fabulous."

Both parties, she says, were totally committed to the project. "Halle said to me, 'Make Dorothy who Dorothy should be and I will do my best to become who Dorothy was.' I thought she was amazing."

Since Dorothy Dandridge, her writing has really been in demand. Soon afterwards, she was approached to write a movie for a teen idol whose name and music were totally alien to her. That idol was Britney Spears. Rhimes flew to Chicago to meet with Spears and toured with her before writing the script for the film Crossroads, about youngsters on a road trip chasing dreams. "It was fun to see what it was like to live like a superstar," she says.

Rhimes also got a chance to work with a superstar she had admired all of her life, Julie Andrews, when she wrote the script for the hit film *Princess Diaries 2:* Royal Engagement.

Beyond writing for such a legendary actress, Rhimes was impressed with the message the film's producers were trying to convey. "It was fun sending out a message that I thought was really great, a message that you don't need a man to run a country, or run a business, or run your life."

Empowering girls and women while not bashing



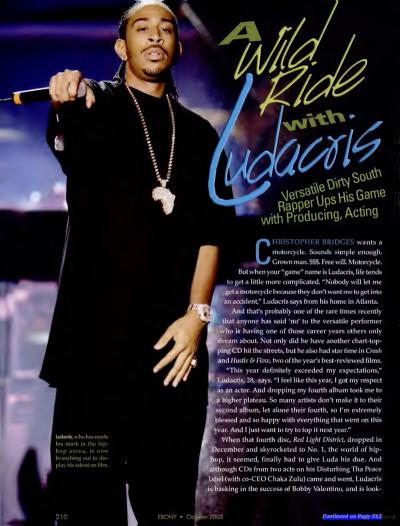
One of Rhimes' big breaks in show business was her opportunity to write the script for the HBO movie Introducing Dorothy Dandridge, which starred Halle Berry.

men is another focus of her efforts. This is her take: "It's fabulous to have a partner. But if you don't, you're going to be fine. I think a lot of women spend a lot of time waiting to have a life until they have a man. Twenty years ago, women waited to buy real furniture until they had a man. That doesn't happen anymore. I'm absolutely not anti-men."

But Rhimes is a doting mother of a 3-year-old adopted daughter, who is the focus of 100 percent of her time away from the studio. The studio, however, requires more and more of her time. She currently has a three-picture deal with Disney Studios as well as an arrangement with Touchstone to develop other television shows.

Those kinds of challenges are time-consuming, but the writing projects are a warm and constant reminder that she is, on a daily basis, embracing so many of the dreams she conjured up as a child.









On the hip-hop scene, Atlanta-based rapper-turned-actor Ludacris thrills fans with versatile beats and subjects. The 28-year-old artist says he's always wanted to be an entertainer. "I always dreamed big, because in order to be successful," he says, "you have to dream big."

to, loved to, rap. I was always into music, always went to talent shows and open mics. That's how all this stuff came about."

R&B and hip-hop into a gig at one of Atlanta's top radio stations, and he appeared on a 1998 track with

dacris was able to keep the money and the increased exposure, which Ludacris parlayed that love of didn't hurt his career at all.

In addition to the almost neverending studio work, Ludacris' breakout roles in two of this year's hottest films, Crash and Hustle & Flow, have Hollywood insiders talking. He more than held his own with heavyweights Don Cheadle and Larenz Tate in Crash, and he convincingly tried to jack Terrence Howard's redemption in Hustle & Flow. Although Ludacris says he is reluctant to discuss any film projects that may be in the works, he admits that acting has become a passion—another arena for him to express his creativity. And he likes the fact that he has another medium for his fans to embrace. "I'm just happy

signing the star to an endorsement

deal, While he lost the deal, Lu-



Timbaland. Instead of signing with a major label at that time, Ludacris recorded an independent album, Incognegro, in 1999. Def Jam signed him in 2000 and—believing that they could tap into the Southern-fried hip-hop flava-created Def Jam South around him. His major label debut, Back for the First Time, dropped that same year, and heralded the rise of the Dirty South, In 2003, Ludacris made mainstream headlines when a TV talk show host berated Pepsi for

ing forward to a fifth disc. He also upped his profile by appearing with R&B songstress Ciara on her chart-topping single, "Oh."

"His work ethic is crazy," Ciara says of the artist, "He's definitely not the typical rapper. I can also say that he's one of the most underrated rappers out there. People don't know him for what he really does. He's so creative and so freakin' talented ... He's in the studio 24/7, going hard at it. He never stops thinking."

Hip-hop has always been a thinking man's game, and Ludacris is no exception. Born in Illinois and raised in Atlanta, Ludacris grew up as an only child in a time and place where there were a "lot of negative things going on." Ludacris says he "kept his head" and "never gave in to selling drugs and things of that nature."

"It was going on around me 100 percent," Ludacris says now. "But I was always that guy who wanted

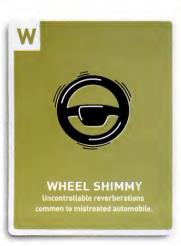


Performing Clara's hit single, "Oh," at awards show, Ludacris drops a verse." If he likes [a track]," Clara says, "I know for a fact that he's going to kill [the verse]. He's going to knock it out and then he's going to kill it."

came out the way it did," Ludacris says." I was always interested in acting. I just didn't know it would come so soon... It is exciting going through a process that can take months or years and finally seeing the finished product and how people react to it. The same way music makes a difference, movies can make a difference in people's lives."

Making a difference is at the top of Ludacris' list of priorities. And he's most rewardingly been able to do that through the Ludacris Foundation, which was founded in 2001. His mother, Roberta Shields,







is the president of the foundation, which has the tagline "helping youth help themselves."

"Being able to give back to the community in extremely large ways, that makes me happy," asys Ludacris, who enjoys swimming, movies, basketball and riding four-wheelers in his rare spare time. "That's what I'm put on earth to do, give back—not only musically, but definitely in the community."

Ludacris says he is also proud of giving back to his family and friends, employing many of them. He has cultivated a strong sense of family, purpose and privacy. He refuses to talk about his romantic relationship, saying, "We'll keep that under wraps"; but he has a toddler daughter named Karma.



Helping youth, Ludacris {far r.} and his mother, Roberta Shields (2nd fr. l.), president of the Ludacris Foundation, pose with Kim Hutchens, the foundation's executive director, and Danielle Alvarez (r.) of Boost Mobile.

Ludacris—hungry, focused, productive—says he is looking forward to what hip-hop and Hollywood will bring, what he'll take to them and to seeing his vision for his life unfold. "I just want to make history as being the best rapper out there, and to try to win on all levels," he says. "I just want to kill the game on all levels."

-Kimberly Davis





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OCTOBER 2005 VOL. LX, NO. 12 EBONY (ISSN 0012-9011) is published monthly

by Johnson Publishing Company, Inc., at 820 South Michigan Avenue, Chicago, Illinois 60605. Periodicals postage paid at Chicago, Illinois. and at additional mailing offices. Subacription pricea: U.S.A. and possessions: \$22 for one year; \$42 for two years; \$52 for three years; Canada and Pan-American countries add \$15 per yaar. Single copies \$2.99. Payable in U.S. currency only. EBONY is indexed in the Reader's Guide to Periodical Literature. Member of Audit Bureau of Circulations. Copyright, 2005, by Johnson Publishing Co., inc. "EBONY" is a registered trademark of Johnson Publishing Co., Inc. Reproduction in whole or in part is prohibited without permiasion. Manuacripts, photos and art submitted should be accompanied by self-addressed anvalopes and return postage. The Publisher assumes no responsibility for return of unsolicited manuscripta or photos. For changes of address, send new address to EBONY, P.O. Box 56482, Bouldar, CO 80322-6482 (312) 322-9200. POSTMASTER: PLEASE SEND ADDRESS CHANGES TO: EBONY, P.O. Box 56482.

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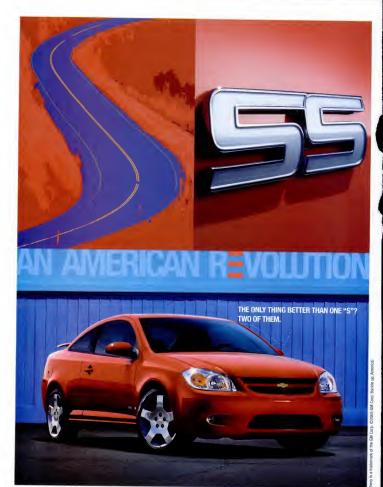






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